

**MY FOOTPRINT: CARRYING THE WEIGHT OF THE
WORLD**

Emily Schroeter

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My Footprint: Carrying the Weight of the World by Jeff Garlin
My Footprint: Carrying the Weight of the World Hardcover - February 23, Jeff Garlin shares his hysterical and eye-opening journey to reduce his waistline and his carbon footprint during the production of the seventh season of HBO's Curb Your Enthusiasm. Comedian and actor.

My Footprint: Carrying the Weight of the World (Unabridged) by Jeff Garlin on iTunes
dijuxucicihe.tk: My Footprint: Carrying the Weight of the World (Audible Audio Edition): Jeff Garlin, Simon & Schuster Audio: Books.

On *Curb Your Enthusiasm*, Jeff Garlin plays Larry David's friend and manager, who doggedly sticks up for him and gets involved in his schemes, no matter how.

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I hope to experience more of his brilliant work in the future. He does a good job describing how bad the bus system in LA is. Garlin invites us to read his diary, which chronicles the progress of his weight loss actually, he wrote the diary for the sole purpose of publishing a book for all to read, but, that's beside the point. Apr16, Meghan rated it liked it Shelves: Listening to this audiobook, I found myself laughing again and again, and I had this magical feeling I'm attending one of Garlin's comedy sets at the Comedy Store in West Hollywood. The reader comes to see how food, willpower and emotions for some of us are all tied together and make something as easy as going out to eat a struggle or an event that either help make us or bring us tumbling down another cliff. I know that compulsive eating is seriously damaging, and Garlin has a good point that over-eaters trying to overcome their addiction should have a warrior spirit and sense of urgency like alcoholics or junkies who are trying to stay on the wagon. As first, I had a chance to get to know Jeff from a more closer point of view. Nobo Garlin is doing his best and is sharing every bit of this huge effort in this audiobook. There are no discussion topics on this book .