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Garlin dedicated the filming of an entire season of Curb Your Enthusiasm to completely make over his lifestyle in two major ways--by lightening his physical and his ecological footprints. After many false starts, he believes that writing a book about the experiment is the only possible way to help him lose weight and go green.

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My Footprint: Carrying the Weight of the World: Jeff ...

His journey is documented in a new audiobook released today by Simon & Simon Audio: My Footprint: Carrying the Weight of the World. Garlin is a comedian and actor and is probably best known for his work on the great series 'Curb Your Enthusiasm', where co-stars with "Seinfeld" ...more. flag Like · see review ...

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My Footprint Carrying The Weight

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