



Curbing It

Jeff Garlin

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Now in paperback from comedian and actor Jeff Garlin—who plays Larry David’s cheerful manager on HBO’s *Curb Your Enthusiasm*—a year-long chronicle of his journey to reduce both his physical and carbon footprint in this laugh-out-loud self-experimental memoir.

Jeff Garlin has dedicated the filming of an entire season of *Curb Your Enthusiasm* to completely making over his lifestyle in two major ways—by losing weight and going green. Larry David’s rooting for him. Jerry Seinfeld’s plotting against him. And his wife is just plain annoyed by everything.

The hardest part of the endeavor is overcoming his food addiction—especially when craft service has a constant buffet of everything delicious you could imagine. In addition to cutting calories, Jeff accidentally falls into a love affair with pilates, sweats with Richard Simmons, and twice visits the Pritikin Longevity Center, which he says is “rehab for people who eat too much pizza.” As far as going green, Jeff has always been a big recycler, but he has a lot to learn. For example, actor Ed Begley Jr. is the guy to call if you want to reduce your environmental impact. Jeff does, and it changes everything.

Hysterical, entertaining, and eye-opening, *Curbing It* is a comedic memoir that’s not to be missed.

Previously published as *My Footprint* with bonus material added in this edition.

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