

My Footprint Carrying The Weight Of The World

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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" cre This review is of the audiobook:

My Footprint: Carrying the Weight of the World by Jeff Garlin

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Amazon.com: Customer reviews: My Footprint: Carrying the ...

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.

My footprint : carrying the weight of the world : Garlin ...

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So when I picked up his book, My Footprint: Carrying the Weight of the World, I did so with no preconceived notions or expectations, other than that I was about to read a humorous story about one man's quest to lose weight and 'Go Green'.

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Tyvek weighs 14 ounces per square foot, which is heavier than Polycryo but should afford you a bit more durability. By our calculation, a Tyvek footprint cut to fit an average 2-person tent will weigh between 3 and 4 ounces, which is still less than half of what most custom footprints provided by the manufacturer will weigh.

Does Your Backpacking Tent Need a Footprint? | Switchback ...

Feb. 17, 2010— — Comedian Jeff Garlin, known for his role on HBO's "Curb Your Enthusiasm," has penned a memoir about his journey to lose weight and cut his carbon footprint.

EXCERPT: 'My Footprint,' by Jeff Garlin - ABC News

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