

Cavallari Launches New Book 'Headtrash: the Leading Killer of Human Potential'

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Aspire & RCI Institute Founder Renie Cavallari is releasing her new book HEADTRASH: The Leading Killer of Human Potential on February 25th. This personal development book aimed at business leaders is a guide to dump your HeadTrash for less anxiety, bigger potential, and a better quality of life. Currently available for preorders, HEADTRASH is filled with practical strategies and heartwarming true stories that provide an inspirational self-improvement guide to master the taunting negative voices in your mind that turn up your fears, undermine your leadership effectiveness, and weaken your personal power.

"A master storyteller who gives you real tools to rise to your true potential. Renie shares her own HeadTrash stories that are both engaging and funny, while relatable. You can't help but become more self-aware of how your own HeadTrash can quietly limit you and how to dump it and awaken your potential. Renie displays vulnerability at its best. Brene Brown would be proud."

Peter Thomas, Chairman Emeritus Entrepreneurs' Organization, Chairman Urban Communities, Real Estate Developer Four Seasons Troon AZ, Dogtopia Multi-Unit Franchisee US & Canada

"This has been a difficult time for so many people. Not only have we faced the COVID-19 pandemic and its endless impact, but we have also had a quiet epidemic on our hands, simply coined, HeadTrash," states Cavallari. As a special Valentine's Day promotion, the author has coordinated a 99-cent e-book sale available through Amazon as a special gift for anyone who wants to awaken their potential and improve the quality of their life. This special pricing is available February 14-25.

"Our hope is to help as many people as possible learn to manage and dump their HeadTrash and turn up the joy in their life. This is our mission. Everyone deserves to build a life full of success, happiness, love, and joy-without every challenge weighing you down and stealing your precious energy." Says Cavallari. HEADTRASH is her sixth book and is built upon her 26 years as a global transformational training and culture development leader.

About HEADTRASH: The Leading Killer of Human Potential

Successful people aren't necessarily smarter, happier, or more competent. They are simply better at taking out their trash! HeadTrash shapes our reality, sucks our energy, and shifts our focus from self-acceptance and inner peace to worry and fear. Change your HeadTrash, and you'll change your life.

You'll discover:

- How imprints, ego, and lifeline influence your HeadTrash™ .
- Survival tips to quickly pinpoint your emotional state, stay out of the danger zone, and spend more time on the healthy and happy side of your emotional brain.
- Learn how to identify your BIG LIE, loosen its grip on your emotions, and have less stress while improving your mindset and quality of life.
- Twenty-nine habits to silence the inner voice sabotaging your personal growth and stealing your personal power.
- Personal, relatable stories of business leaders' struggle against their HeadTrash to help you embrace your own journey.
- Learn the three steps to managing and dumping your HeadTrash™ .

Sign up for the myheadtrash.com VIP membership for free and get limited-time special pricing, member-only programming, and other resources to help you dump your HeadTrash™ and live the life you were born to live. Awaken your potential.

Title: HEADTRASH: The Leading Killer of Human Potential

Author: Renie Cavallari

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