

**Renie Cavallari's *HEADTRASH: The Leading Killer of Human Potential*
Endorsed by New York Times Bestselling Author Brene Brown
Brown Praises Book As Empowering and Liberating**

Phoenix, AZ/April 7, 2022 – *HEADTRASH: The Leading Killer of Human Potential* by Renie Cavallari has been endorsed by New York Times bestselling author, Brene Brown. Brown, the author of *Atlas of the Heart* described *HEADTRASH* as empowering and liberating. This groundbreaking book discusses how the headtrash in your head is preventing you from reaching your full potential in life and how to overcome and dump the headtrash once and for all. Filled with practical strategies and true stories, *HEADTRASH: The Leading Killer of Human Potential* is an inspirational self-improvement guide to master the taunting voices in your mind that doubt your goals, shame your leadership and self-worth, and your own personal power.

“I am very honored and humbled beyond words that *HEADTRASH: The Leading Killer of Human Potential* has been endorsed by Brene Brown,” said Renie Cavallari. “Brene is known the world over as one of the top authorities in leadership, shame, and vulnerability, all topics covered by *HEADTRASH* and to be endorsed by her speaks to the message of *HEADTRASH*.”

“*HEADTRASH* embraces what I have always said – let go of who you think you’re supposed to be; embrace who you are,” said Brene Brown. “In this book, Renie Cavallari demonstrates how to do this. It is an empowering and liberating book that allows you to become the person you truly are. It is the roadmap to building and living your life and most importantly being you.”

In *HEADTRASH: The Leading Killer of Human Potential*, readers will discover:

- Survival tips to pinpoint your emotional state, avoid the danger zone, and spend more time on the healthy and happy side of your emotional brain.
- Twenty-nine habits to silence the inner voice sabotaging your personal growth and stealing your personal power.
- Personal, relatable stories of business leaders' struggles against their HeadTrash.
- Three steps to managing and dumping your HeadTrash™.

About the Author

Renie Cavallari, organizational anthropologist and CEO of Aspire and RCI Institute, has been speaking to groups worldwide for more than 25 years. She inspires using humorous, engaging, and proven performance strategies that have been transforming teams for decades. Having worked with thousands of leaders, Renie uses real data and situations to provide action-oriented strategies to help leaders shine.

Additional information about Renie Cavallari and *HEADTRASH: The Leading Killer of Human Potential* may be obtained at www.dumpheadtrash.com