

**Renie Cavallari's *HEADTRASH: The Leading Killer of Human Potential*
Endorsed by Actor George Clooney
Clooney Says Reading HEADTRASH Can Cast Away Negativity In Our Lives**

Phoenix, AZ/April 7, 2022 – *HEADTRASH: The Leading Killer of Human Potential* by Renie Cavallari has been endorsed by actor George Clooney. Clooney known for his roles in tv's ER and such movies as, Michael Clayton and Monuments Men praised the book for offering a way to cast away the negativity in our lives. 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 that *HEADTRASH: The Leading Killer of Human Potential* has been endorsed by George Clooney," said Renie Cavallari. "He truly understands the message that I conveyed in *HEADTRASH* and has related to it."

"Early in my acting career, I would go to auditions thinking, 'Oh, I hope they like me,'" said George Clooney. "That was holding me back. I kept having recurring memories of times when I failed. It was as Renie Cavallari writes in *HEADTRASH*, my own headtrash. I had to shift to a mindset of I was the answer to their problem. *HEADTRASH* will allow anyone to rid themselves of the negativity that holds them from success and pivot to a more fulfilling life."

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