

**Renie Cavallari's *HEADTRASH: The Leading Killer of Human Potential*  
Endorsed by Actress Jennifer Garner  
Garner Says Cavallari Has Identified Headtrash and Defined A Way To Cast It Aside**

**Phoenix, AZ/April 7, 2022** – *HEADTRASH: The Leading Killer of Human Potential* by Renie Cavallari has been endorsed by actress Jennifer Garner. Garner known for her roles in tv's *Alias* and such movies as, *Dallas Buyers Club* praised Cavallari for both identifying headtrash and the way to cast it aside. 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 Jennifer Garner," said Renie Cavallari. "She truly understands the message that I conveyed in *HEADTRASH*."

"We all have headtrash, those memories and self-doubts caused by past experiences," said Jennifer Garner. "This headtrash keeps us back, it makes us afraid, uncertain, and creates doubts in our abilities. Overcoming this headtrash and putting it behind us gives us the self-confidence to move forward and succeed in whatever endeavor we are undertaking. Renie Cavallari in *HEADTRASH: The Leading Killer of Human Potential* identifies what headtrash is and most importantly how to cast it aside and live our lives and pursue our dreams."

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](http://www.dumpheadtrash.com)