

**Renie Cavallari's *HEADTRASH: The Leading Killer of Human Potential*  
Endorsed by Spanx Founder Sara Blakely  
Blakely Praises Book As A Must Read**

**Phoenix, AZ/April 5, 2022** – *HEADTRASH: The Leading Killer of Human Potential* by Renie Cavallari has been endorsed by American entrepreneur, Sara Blakely. Blakely praised the book as a must read book for anyone seeking a more meaningful life. 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 Sara Blakely,” said Renie Cavallari. “Sara is a business leader known the world over for her focus on excellence and drive to succeed. She is a person who has never let headtrash stop her.

“We all have past events and fears that hold us back,” said Sara Blakely. They have a name – headtrash. The headtrash in our mind, in our psyche, prevents us from achieving our personal happiness and professional success.

“Renie Cavallari identifies the headtrash that resides in our subconscious that blocks us from being all that we can be,” concluded Blakely. In *HEADTRASH: The Leading Killer of Human Potential*, Renie identifies what headtrash truly is and how we can vanquish it from our thoughts and reach our full potential. This is a must read for anyone who desires a more meaningful and impactful 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](http://www.dumpheadtrash.com)