

**Renie Cavallari's *HEADTRASH: The Leading Killer of Human Potential*
Nominated for the Writer's Digest Book Awards
Nominated As Top Self-Help Book**

Phoenix, AZ/May 10, 2022 – *HEADTRASH: The Leading Killer of Human Potential* by Renie Cavallari has been nominated for the Writer's Digest Book Awards in the category of inspirational/self-help. 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. It has earned critical acclaim from such leading personalities as George Clooney, Brene Bown, Jennifer Garner, Sara Blakely, and many more.

The Writer's Digest Book Awards are the most respected critical guidepost for books in today's new world of publishing. Nominated books are judged by independent literary panels consisting of authors, publishers, literary agents, and other publishing professionals. Award winners will be announced in October of 2022 and will be featured at the Writer's Digest Conference held in 2023.

"I am very honored and humbled that *HEADTRASH: The Leading Killer of Human Potential* has been nominated for the Writer's Digest Book Awards," said Renie Cavallari. "The Writer's Digest Book Awards are known the world over as the leader in honoring books and to have *HEADTRASH* as a nominee is a high honor.

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