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HeadTrash: Cleaning Out the Junk that Stands Between You and Success

Tish Squillaro, Timothy I. Thomas

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Why do executives get stuck? Why do leaders sometimes find themselves pushing hard but not gaining traction? Frequently it's because they're working against themselves, defeating their best efforts with their own problematical thoughts and emotions.

In this book, we refer to thought patterns and emotional tendencies that hinder your ability to respond to business issues in a productive and professional way as HeadTrash. Put another way, HeadTrash is the negative voice of your subconscious, engaging you in a deadly inner dialogue that only you hear, consciously or subconsciously, but which affects everything you say and do and everyone around you. HeadTrash is any pattern of self-defeating feelings and thoughts that leads you into trouble and keeps you stuck there. Even worse, depending on your level of responsibility and authority, the rest of your team or company can get stuck too.

Based on their work with thousands of leaders, authors Tish Squillaro and Timothy I. Thomas discovered that some forms of HeadTrash can even produce symptoms in organizations that mirror the symptoms experienced by company leaders. Learn to probe beyond symptoms to identify the forms of HeadTrash you need to address. This book will show you how to change your behavior and become a better leader--for yourself, your business, your employees, and your family.

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