

PRESS RELEASE

Alejandra Brady's Spiritual Memoir Receives Accolades

TAMPA, Florida (May 2024) – Author Alejandra G. Brady's book *I Just Can't Make This Sh!t Up: Overcoming Fear and Accepting My Spiritual Gifts* has been featured as a finalist by the Eric Hoffer Awards, ranking among the top 10% of submissions and announced as the **Next Generation Indie Book Awards Winner for Best Overall Design** for nonfiction. In addition, Alejandra was a finalist for the **Book Excellence Awards**.

After fifteen years designing the interiors of beautiful homes and offices, Alejandra found herself missing something. She took a break from work and focused on her most important client – herself. Her *mental and emotional* interior needed a reboot. She found that in Feng Shui.

Working with and studying under a Feng Shui master practitioner helped Alejandra unlock a new and wonderful set of principles to combine with years of high-end design success. With these combined experiences, Alejandra delivers beautifully designed spaces that improve the lives of her clients, their employees, and their families.

Born in Austin, Texas, Alejandra was adopted at just five weeks old and raised in a Mexican-American family culture in Laredo. She is fluent in both English and Spanish, graduating from the University of Notre Dame with a Bachelor of Arts degree. Notre Dame was where Alejandra met her future husband, Art Brady. She and Art married and gave birth to their son Ryan.

At age 50, Alejandra began her spiritual journey. Coupled with the training she experienced in Feng Shui, her awakening brought her new insight into the mystical world of infinite possibilities and abundance. This book is the result of that journey.



What people are saying...

"Honest and courageous, the author's candidness and openness in sharing her spiritual and life experiences will likely strike a chord with many." **-J. DeFrese**

"She writes as a lighthouse - someone herself who has been through the storm and bringing the light to guide others to safe harbor." **-B. Kowalski**

"Thought provoking, sincere, uplifting, bold! What a splendid read! Truthful, heartfelt life adventure, making the reader long for each next chapter and now the next book." **-R. Fox**



<https://www.facebook.com/alejandra.brady>



<https://www.instagram.com/alejandragbradylifestyled/>



<https://www.linkedin.com/in/alejandra-brady-b35177213/>



https://www.youtube.com/channel/UCXt_O-EzB38PwnAZfMTQNsQ



<https://alejandrabrady.com/>

About the Author



Alejandra G. Brady experiences true inner joy when she sees the impact of her service on the lives of her clients. Her mission is to enhance far more than the appearance of their home or office, but to improve their well-being and lifestyle in a way they had not imagined.

Alejandra holds the follow accreditations:

- Certification in the BTB style of Feng Shui and Bau-Biology under Karen Rauch Carter and the Academy of Exquisite Living
- Professional Member of the International Feng Shui Guild (IFSG)
- Certified Crystal Healer
- Certified Biophilic Designer

When not working with her clients on inspired interior design and the art of Feng Shui, Alejandra loves to garden and travel. Alejandra and Art enjoy spending time with family, friends, and their four rescue dogs, and often travel to see their son and his wife Lydia. To connect with Alejandra, visit alejandrabrady.com.



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