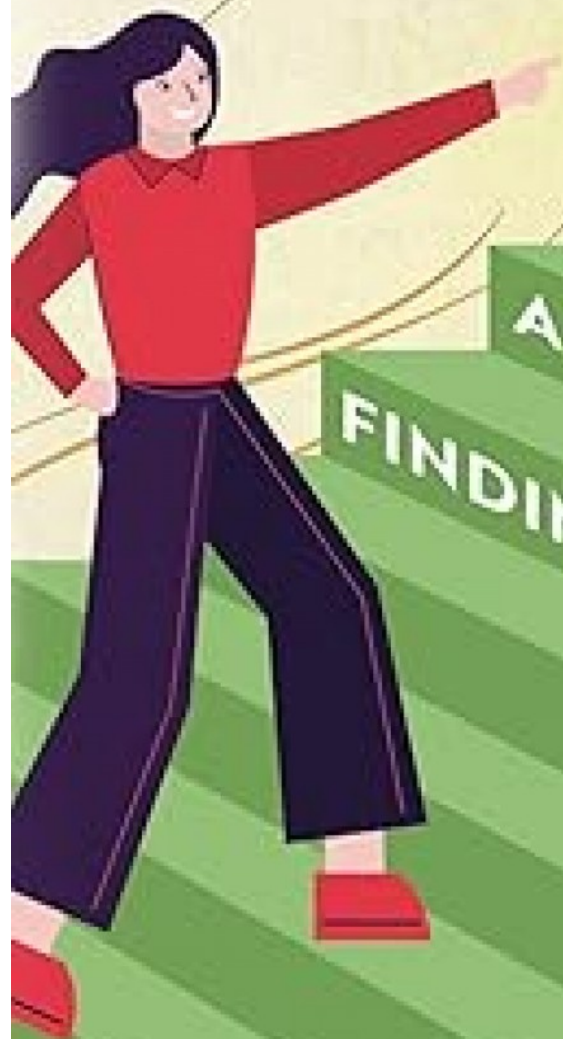


A Step Toward Freedom: Alexandra Brauni's Put Your Shoes On and Walk Inspires the Journey Back to Yourself

PUT YOUR **SHOES** ON AND WALK

Alexandra Brauni



A 13-STEP GUIDE TO
FINDING YOURSELF



West New York, New Jersey Nov 22, 2025 ([IssueWire.com](https://www.issuewire.com)) - Journalist, educator, and television presenter Alexandra Brauni invites readers on a transformative journey in her powerful new book, *Put Your Shoes On and Walk: A 13-Step Guide to Finding Yourself*. Honest, emotional, and deeply motivating, Brauni's work explores what it truly means to live with authenticity in a world that constantly demands conformity.

A Journey Toward Freedom and Self-Discovery

Put Your Shoes On and Walk is not just another self-help book. It's a personal conversation between author and reader — a roadmap for those who have lost themselves in other people's expectations and are ready to rediscover their own voice. Brauni draws from real-life experiences, her multicultural background, and her journalistic insight to offer readers both comfort and challenge: comfort in knowing they're not alone, and challenge in realizing that change begins with courage.

Written during the COVID-19 pandemic, when the world collectively reevaluated its values, the book reflects on the universal search for identity and purpose. "When everything stopped," Brauni writes, "many of us finally heard the voice we had ignored for years — our own."

Across thirteen insightful chapters, she invites readers to face fear, question conditioning, and take consistent steps toward freedom. Her writing is clear and human, free from jargon or pretense. Every page reminds readers that transformation is not about perfection — it's about persistence.

Real Stories with Real Lessons

As a journalist and teacher, Brauni has spent her life observing human behavior and telling stories that matter. In *Put Your Shoes On and Walk*, she shares experiences from her own life as well as those of others — individuals who dared to break free from social and familial constraints to pursue authenticity.

From a young man pressured to inherit his father's business, to a student navigating gender identity, to her own defiance of traditional family expectations, Brauni presents a mosaic of human stories tied together by one message: it's never too late to choose yourself.

Her prose is deliberate yet warm, her tone personal yet universal. She doesn't simply offer advice — she opens a dialogue. The result is a book that reads like a trusted companion, guiding readers from self-doubt toward inner strength.

A Call to Courage and Action

At its heart, *Put Your Shoes On and Walk* is about movement — physical, emotional, and spiritual. Brauni reminds readers that fear, insecurity, and comfort zones are illusions that hold us back from the lives we were meant to live. Her philosophy is simple: every person has the power to rewrite their own story.

"Smile, cry, laugh, scream," she writes, "but do it as yourself. The only wrong path is the one you never take."

Her message arrives at a moment when the world needs it most. As society redefines success, happiness, and freedom, *Put Your Shoes On and Walk* becomes both a reflection and a catalyst — urging readers to stop standing still and start walking toward the life that feels truly theirs.

About the Author

Alexandra Brauni is a journalist, educator, and television host based in New York City. A single mother and lifelong learner, she holds three master's degrees — in Spanish Philology, Media, and Education — from Brooklyn College, NY. For the past three years, she has directed and hosted the bilingual television program *¿Qué tal? & What's Up?* with producer Ed Parada on BRIC TV.

Having lived in Barcelona and London before settling in the United States, Brauni brings a cosmopolitan perspective to her work, blending cultural insight with personal resilience. Her writing and teaching are driven by a belief that identity and happiness are choices — and that the first step toward both begins with action.

With *Put Your Shoes On and Walk*, she extends a heartfelt invitation to every reader: to listen to their inner voice, to live authentically, and to take that decisive first step toward the life they were meant to lead.

Availability & Contact

Put Your Shoes On and Walk: A 13-Step Guide to Finding Yourself is now available on the official website, Amazon, and other online platforms in multiple formats: paperback, hardcover, and e-book. Follow the listed channels below to stay up to date with any exciting news and events regarding the author's literary journey:

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