

From Pain to Power: Katya Karlova's Bold New Book Inspires Millions Living with Invisible Struggles

New York, NY — September 2025 — Speaker and transformational coach Katya Karlova announces the release of her groundbreaking new book, *Invisible Pain. Unstoppable Power*

FOREWORD BY DR. JOHN DEMARTINI
HUMAN BEHAVIOUR EXPERT & BESTSELLING AUTHOR

A portrait of a woman with long, wavy blonde hair and blue eyes, wearing a black top. She is looking directly at the camera with a slight smile. The background is a solid dark red color.

INVISIBLE — PAIN — UNSTOPPABLE POWER

*A PERSONAL JOURNEY THROUGH BODY DYSMORPHIA,
CHRONIC PAIN, AND ENDOMETRIOSIS THAT SPARKED A
LIFE-CHANGING TRANSFORMATION*

KATYA KARLOVA

New York City, New York Sep 12, 2025 ([IssueWire.com](https://www.issuewire.com)) - From Pain to Power: Katya Karlova's Bold New Book Inspires Millions Living with Invisible Struggles

Katya Karlova announces the release of her groundbreaking new book, *Invisible Pain. Unstoppable Power* is a powerful guide that turns the silent battles of chronic pain, body dysmorphia, and endometriosis into a blueprint for resilience, courage, and self-empowerment.

Karlova, who was born in Moldova and raised in humble circumstances, shares her raw, unfiltered journey from enduring years of invisible suffering to becoming a beacon of empowerment for women and men worldwide. Her story illuminates the strength hidden in struggle and the transformation possible when pain is transmuted into purpose.

"Katya Karlova's work is a testament to the indomitable human spirit. She shows us that when we embrace our deepest challenges, they can become the very catalysts that awaken our highest potential."

— Dr. John Demartini, Human Behaviour Specialist and Bestselling Author

With courage and vulnerability, Karlova weaves together her personal experiences with strategies for readers to reclaim their power, overcome limiting beliefs, and rise into unstoppable versions of themselves.

Invisible Pain. Unstoppable Power is more than a book—it is a movement. The release is accompanied by a companion journal, *The Power Protocol Journal*, a transformative tool designed to help readers integrate Katya's empowerment framework into their daily lives. Alongside her book and journal, Karlova is launching speaking engagements and a community to change the way society views both feminine power and invisible illness.

The book launches at the end of October 2025 and will be available through major online retailers, and at InvisiblePainUnstoppablePower.com

About Katya Karlova

Katya Karlova is an international speaker, transformational coach, and author whose work focuses on confidence, courage, and resilience. Her journey from hidden pain to visible power inspires audiences worldwide to embrace their authenticity, break free from limitations, and live with unstoppable purpose.

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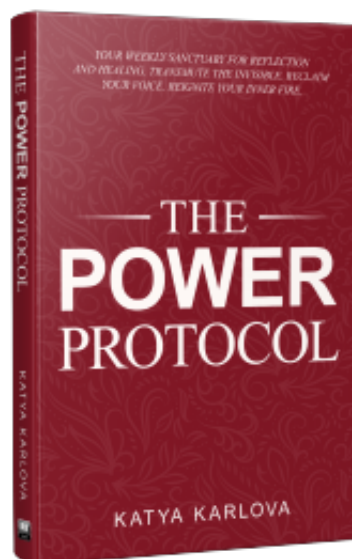
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