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Katya Karlova Releases “Invisible Pain. Unstoppable Power.” — Featuring a Foreword by Dr. John Demartini New Book and Journal Guide Readers to Transform Pain into Power — Launching October 10, 2025

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

A portrait of Katya Karlova, a woman with long, wavy blonde hair, wearing a black top, set against a dark red background.

INVISIBLE — PAIN — UNSTOPPABLE POWER

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

KATYA KARLOVA

Los Angeles, California Oct 7, 2025 ([IssueWire.com](https://www.issuewire.com)) - Katya Karlova Releases “Invisible Pain. Unstoppable Power.” — Featuring a Foreword by Dr. John Demartini *New Book and Journal Guide Readers to Transform Pain into Power — Launching October 10, 2025*

International speaker, corporate coach, and empowerment mentor **Katya Karlova** has announced the release of her deeply anticipated book ***Invisible Pain. Unstoppable Power.***, and its companion ***Power Protocol™ Journal***, published by **Ultimate Publishing House (UPH)**.

In this revolutionary body of work, Karlova invites readers on a journey of self-mastery and emotional transformation — showing how to alchemize pain, trauma, and adversity into purpose, confidence, and leadership.

“Pain can be the most powerful portal to your next level — if you learn how to listen to it,” says Karlova. “This book is for every woman who has ever been dismissed, misunderstood, or silenced. You are not broken — you are becoming.”

The book opens with a **foreword by world-renowned human behavior expert Dr. John Demartini**, who describes Karlova’s work as “*a masterful synthesis of heart, healing, and human potential — a journey that awakens readers to the wisdom within their wounds.*”

The companion ***Power Protocol™ Journal*** provides readers with 90 days of guided exercises, gratitude practices, and mindset rituals to embody the principles from the book — transforming inner awareness into actionable power.

Karlova’s signature methodology, **The Karlova Method™**, is being adopted by organizations and individuals seeking emotional intelligence, resilience, and alignment between body, mind, and mission.

About Katya Karlova

Katya Karlova is an international speaker, author, and creator of **The Karlova Method™**, a transformative framework that helps individuals and teams turn pain into performance and power. Through her workshops and keynotes, Katya teaches emotional transmutation, feminine leadership, and the art of thriving through adversity.

About Ultimate Publishing House

Ultimate Publishing House (UPH) is a world-class publishing and branding agency with offices in Toronto, New York, and Rome. Having published over 2,000 titles, UPH merges luxury design, storytelling mastery, and cinematic brand development to turn authors into cultural icons.

Availability

- **Book:** *Invisible Pain. Unstoppable Power.*
- **Journal:** *The Power Protocol™ Journal*

- **Release Date:** October 10, 2025
- **Available on:** Amazon, Barnes & Noble, and UltimatePublishingHouse.com

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