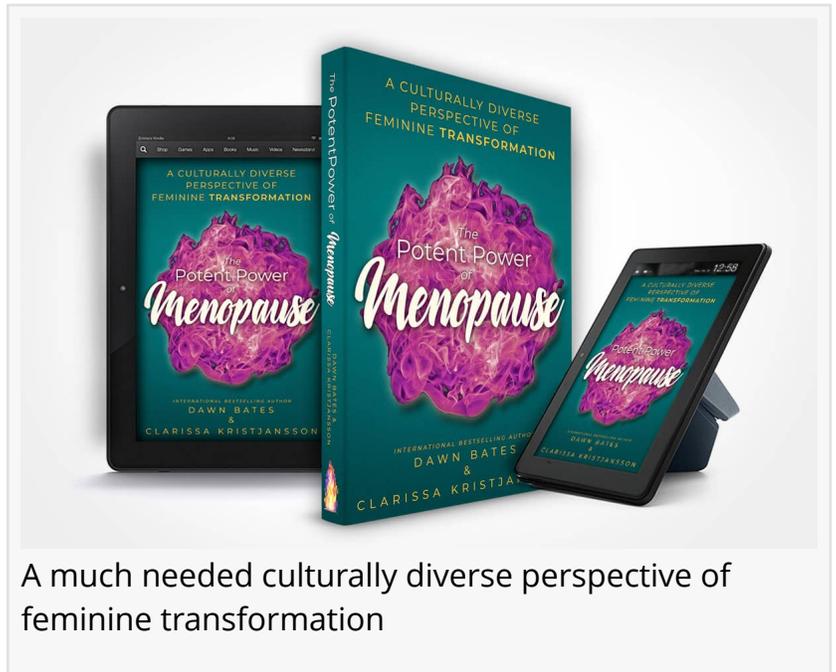


When the arrival of menopause makes women question their choice to not have children.

According to Asian American powerlifter Laarni Mulvey, her choice to not have children came with its own challenges, and not just during the menopause.

CHICAGO, ILLINOIS, UNITED STATES, June 17, 2022 /EINPresswire.com/ -- Filipino American Powerlifter and Women's Strength Coach Laarni Mulvey continues on her author journey with her second book [The Potent Power of Menopause: A Culturally Diverse Perspective on Feminine Transformation](#) where she shares what it's like to not have children and then realizes it is too late.



Mulvey teamed up for the second time with international bestselling author, author coach and publisher Dawn Bates, to continue encouraging women to take up space with their personal power, stand in their strength and see the beauty within themselves.

“

This book is the menopause village we as women are missing, and longing for, which we have lost. A wonderful book that cleverly weaves different stories into well thought out chapters”

Michelle Caira, Founder of Vivi Rocks

Laarni Mulvey, founder of both the Strong and Mighty Company and the Standing in Strength Initiative, to which her first book 'Standing In Strength: Inspirational Stories of Power Unleashed' is named after, is also a filmmaker, advocate and [speaker on Women's Rights](#), inner beauty and determination.

Mulvey's chapter within The Potent Power of Menopause highlights many prejudices she faced within corporate

America as a woman who chose to not have children, as well as the personal challenges faced

with being a Filipino growing up in America, and how that impacted her life and menopause.

The Potent Power of Menopause has been empowering many women around the world of all ages since its release just one month ago. What was once seen as a 'doom and gloom' period in a woman's life, is being turned on its head by this incredibly powerful book, co-authored by ten women and one man from multiple countries, generations, ethnicities and cultures.

The personal power shared by the 11 authors represents Mulvey's brand with accuracy and has built a community of individuals from around the world, many of whom didn't know each other before the project started; and community is at the heart of everything Laarni does.

Mulvey says "Many women feel alone and powerless, whether that is in the workplace, at home or in society. Building communities where we empower each other, recognise each other's struggles, lend our own strength to get them through the tough times, and celebrate each other is not only important, but also essential".

"Working with Laarni is always a pleasure, and with such a powerful energy and back story, I just knew I wanted her to be part of this journey. And it was an instant yes for her because not only does she have a big set of biceps, she also have a big heart at the foundation of her vision to empower and support women" says Bates.

The Potent Power of Menopause: A Culturally Diverse Perspective on Feminine Transformation is published by Dawn Publishing, a boutique publisher which deals with the culturally diverse and humanitarian subjects that really matter. You can purchase the book using <https://geni.us/menopause> or to find out more visit <https://dawnbates.com/menopause>

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As well as being an international bestselling author, writer, authority coach, educator and



Filipino American Women's Rights Advocate

publisher, founder of Dawn Publishing Dawn Bates, specialises in developing brand expansion strategies and global visions, underpinned with powerful leadership and profound truths.

All the titles published under the Dawn Publishing brand specialises in raising awareness and consciousness of social justice issues, bring together the multi-faceted aspects of the world we live in and take you on a rollercoaster rides of emotions while delivering mic dropping inspiration, motivation, and awakening. The books capture life around the world in all its rawness.

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