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Cover of "Staying Strong: 365 Days a Year" Staying Strong: 365 Days a Year is a book written by Demi Lovato . The book describes Demi's journey, a time of dazzling achievements and heartbreaking losses.

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Staying Strong 365 Days a Year Macmillan Publishers

Staying Strong 365 Days A Year by Demi Lovato is This is a book for everyone, everywhere, on their own journey who need comfort, inspiration and a reason every day to stay strong.

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Each day will provide the readers with a quote, a personal reflection and a goal. These are Demi s words. Words she lives by and shares with the people she loves and total strangers alike.

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Demi Lovato Wikipedia

Her struggles with bipolar disorder, addiction, an eating disorder, and self-harm received significant media attention in the 2010s, in response to which she published the book Staying Strong: 365 Days a Year (2013) and a YouTube documentary about her life and career, Demi Lovato: Simply Complicated (2017).

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