

## Staying Strong 365 Days A Year

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### Staying Strong 365 Days A

Staying Strong: 365 Days a Year is Demi's way of trying to help. She gives us insight into her struggling and what it was like overcoming self-harm along with addiction. Start each day with a quote to get through the day. Know that nothing can harm you, but yourself and the thoughts you're having.

### Staying Strong: 365 Days a Year by Demi Lovato

Staying Strong: 365 Days a Year. Demi Lovato wakes up each morning and affirms her commitment to herself—to her health, her happiness, her being. Those commitments are the bedrock of her recovery...

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— Demi Lovato, quote from Staying Strong: 365 Days a Year “My only advice is to stay aware, listen carefully, and yell for help if you need it. - Judy Blume” — Demi Lovato, quote from Staying Strong: 365 Days a Year About the author ...

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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. It was released on November 19, 2013. Demi Lovato wakes up each morning and affirms her commitment to herself—to her health, her happiness, her being. Those commitments are the bedrock of her recovery and her work helping other young ...

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Going hand-in-hand with Demi Lovato's #1 New York Times-bestselling book of affirmations, Staying Strong: 365 Days a Year, comes a companion journal. In a beautifully designed and free-flowing paperback format of lined pages and blank pages, this journal has everything for readers and writers to capture and reflect on what they feel at any given moment.

## **Staying Strong by Demi Lovato - Macmillan Publishers**

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