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# Staying Strong: 365 Days A Year



## Synopsis

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 people dealing with the issues she lives with every single day. Demi is a platinum-selling recording artist whose latest album •DEMI• is already a smash hit. She's about to embark on her second season as a judge on X-Factor, and just launched The Lovato Treatment Scholarship Program. And she is an outspoken advocate for young people everywhere. Demi is also a young woman finding her way in the world. She has dealt deftly with her struggles in the face of public scrutiny, and she has always relied, not just on friends and family, but daily affirmations of her self-worth and value. Affirmations that steady her days and strengthen her resolve. Those affirmations have grown into STAYING STRONG, a powerful 365-day collection of Demi's most powerful, honest, and hopeful insights. 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. They are a powerful testament to a young woman standing up and fighting back.

## Book Information

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## Customer Reviews

I bought this for my 14 year old granddaughter. I thought it would be easy reading but inspirational at the same time.. It's set up as one page for each day of the year. I started to just glance through it and found it so good I read most of it. Demi Lovato could have written a book about her life as a child star and glamorized her life. But instead, she gives you ideas and inspirations so that you can

learn and mature.

I absolutely love this book & use it as a part of my daily meditations. Demi did a great job at being open & honest in the book which makes it extremely relatable. The quotes are awesome & I love that she not only speaks how she relates, but also provides a goal each day. This allows me to use my own experience for thought & mindfully carry a goal for the day. I own both the hard copy & digital version so I can have it with me even when I'm traveling without having to pack the book. Definitely recommend it.

Demi Lovato is wise beyond her years and this is a must-read for all ages and sexes. It's great to own because you can highlight the passages and dogear the pages that speak most to you...although that would likely be each page!

So, with a book of this nature it's hard to write a review right after purchasing simply because it's meant to be a journey you take over the course of a full year. However, I wanted to put something up as a guide for others thinking of buying. First, off I purchased this on my Kindle, and I tried to preview it... note to whoever handles that aspect of things, the chapter lists is so long that there's no real preview. I bought it anyway because I've always loved hearing Demi speak; she's eloquent and intelligent and has a genuine passion for wanting to help others by sharing her own hardships. I love that honesty. Also, as someone that is sort of a natural pessimist, dealing with some debilitating medical issues, I need daily reminders to focus on the positive. From reading the introduction and today's inspiration I can say I'm glad I bought it and I believe it will help me greatly in the coming year.

My son has been a Demi supporter since her beginning so I bought him this book as a christmas present and I started reading it, now that I've read most of it I can honestly say that this is by far one of the greatest and most inspirational book I've ever read. Also, I'm sure that anybody who bought this book or who's going to buy it won't feel any regret. As the introduction says this book can inspire everybody, no matter if you're 16 yrs old or if you're 50 years old, this is the kind of book that help you get through difficult days and that make you grow as a person.

I bought this for my 32yo daughter--mother of my two grandchildren and often operating from a 15yo ego state. She at first was kind of miffed--like I thought she was akin to a 20yo girl, you know? But

after about a week she said to herself "my mom must have bought this for a reason" and started picking it up and reading a page a night. After another week she was nearly glowing when she told me how much the daily passages are giving her strength to change and love herself. I'm so glad for her. There's always hope, and we need all the help we can get. Thanks for sharing, Demi :-)

Definitely one of the best books I have ever purchased! Demi has been my inspiration for many years and this book will help me every day of every year to come! So thankful to have such a great person to look up to every day! Definitely worth a buy for anyone wanting inspiration on a daily basis!

Demi Lovato writes a page a day for a year. My daughter is a HUGE Demi Lovato fan and loved this book! She has even got me loving Demi! She is a true roll model for teen girls! She helps others and is not a wild party girl like so many of the other child stars. In this book, she shares her hopes, dreams, struggles, and aspirations. This really is a great read for adults or teenagers. Demi is a true inspiration!

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