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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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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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