



Staying Strong: A Journal

Demi Lovato

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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: A Journal also features new quotes chosen by Demi throughout to help inspire and motivate expression?happiness, sadness and everything in between. Demi reminds readers that it's important to express yourself in order to stay strong every day.

"Two things define you: your patience when you have nothing, and your attitude when you have everything."
?Unknown

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