



# **Staying Strong 365 Days A Year by Demi Lovato in A Brief Read: A Summary**

*Johnna Russell*

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Warning: This is not the actual book, Staying Strong: 365 Days a Year by Demi Lovato. This is A Brief Read of Staying Strong: 365 Days a Year by Demi Lovato in A Brief Read, as summarized and interpreted by Johnna Russell. Demi Lovato walks us through her struggles in this revealing book of daily inspirational passages. With numerous wise quotes and personal perceptions, she reaches out to those suffering in silence, while imparting life lessons that apply to everyone. Demi has stumbled more than once in her journey, with illness, insecurities, and vices. She now uses these powerful experiences to share the secrets of a strong, happy, and fulfilled life, one day at a time. A Brief Read – Books for Busy People

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