



## Staying Strong: 365 Days a Year

By Demi Lovato

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

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.

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## Staying Strong: 365 Days a Year By Demi Lovato Bibliography

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### Editorial Review

Amazon.com Review

#### From the Book: A Letter from Demi Lovato

Dear Reader,

I have been through all kinds of experiences in my life, and I have faced struggles ranging from addiction to depression, all the while on a search for self-discovery and happiness. There are always going to be highs and lows, heartbreaks and victories, and everything in between. So sometimes the smallest few words can make all the difference; they can comfort and they can inspire.

Each day I meditate and pray by getting in touch with the higher power within me. No matter how old you are, where you come from, your race or religion, it is vital to have a higher power--something bigger than yourself that you can turn to for comfort. For me, it's God, but for you, it can be anything you believe in, the universe, karma, etc. Though some days can be a struggle, it's important to have something that will motivate, inspire, and help us stay positive and keep moving forward.

This book is a collection of my own words, quotes that inspire me, as well as lessons, meditations, reflections, and daily goals. They have helped me tremendously, and it's a special and personal gift that I want to share with all of you.

Wherever you are in life, please read these and know that I'm always there for you. Stay strong, be brave, love hard and true, and you will have nothing to lose.

All my love,

Demi

#### An Introduction from Katie Couric

I first met Demi over breakfast at the London Hotel in the summer of 2012. Her career was on fire. She had a huge hit in "Skyscraper," "Give Your Heart a Break" was climbing the charts (it would eventually hit #1), and she was months away from being named a judge on The X Factor alongside Simon Cowell and Britney Spears.

For a girl who had just turned 20 and made her name as a Disney teen queen, she seemed wise beyond her years. But she encountered more than a few bumps on her road to success. Demi shared her personal struggles with me, including her battles with anorexia and bulimia, bullying, self-harm and bipolar disorder, and how these challenges almost derailed her career.

As a mother of two daughters, I was so grateful that Demi was using her painful experiences to talk frankly to girls and let them know that fame doesn't necessarily shield you from insecurity and self-doubt. By pulling back the glossy curtain of celebrity and exposing her all-too-human side, I know Demi made countless young women with some of those same problems feel much less alone.

Not long after our first meeting, I welcomed Demi to the set of my daytime talk show. No surprise, she was

charismatic and generous. Her willingness to speak so openly in a public forum inspired me to share my own experience with an eating disorder in my twenties, something that I had never spoken about before. Demi's honesty made me feel safe to be honest about my own past.

Demi has a unique relationship with her fans. They love her and she loves them right back. She's taught us all that we need to give our hearts a break at the low moments, and take the time to enjoy the view from the skyscraper when we hit our highs.

Whether you're 16, or, in my case, 56, you'll learn something from Demi's journey and life advice, and end up loving her even more.

#### Review

"With an affirmation and inspirational quote for every single day of the year, you can not only channel Demi's spirit, but get an idea of just what is that's helped her turn things around. It's kind of like a window into her mind and whether you read it cover to cover or dip in and out, there's no question that you'll come away from it with a smile on your face and something to think about." *Sugarscape*

#### About the Author

Twenty-one-year-old Demi Lovato's fame began when she was cast on *Barney and Friends*. From the outside, she was all smiles, but as she grew up in front of the camera?the star of the record-breaking *Camp Rock* franchise; leading lady of her own Disney show, *Sonny with a Chance*; and a budding music career?she was falling apart. As Demi entered adolescence, she was being bullied, and she struggled with bulimia, suicidal thoughts, substance abuse, and eventually secretly began cutting herself.

Her career was taking off, but she bowed out of her world-wide tour and checked herself into rehab, which she successfully completed. She started the Lovato Treatment Scholarship program to help others with their illnesses.

She's currently entering her second season as an X-Factor judge and her latest album *Demi* has gone platinum. She will also be joining the fifth season of *Glee*. Demi has many accolades, including one MTV Video Music Award, twenty-five Teen Choice Awards nominations, 14 of which she has won, four People's Choice Awards, one ALMA award, a Billboard Touring Award and several others.

Outside of her work in the entertainment industry, Lovato is involved in philanthropic activity through charity work and various social and environmental causes. In May 2013 she was awarded for her dedication as a mentor to teens and young adults with mental health challenges at a National Children's Mental Health Awareness day hosted by SAMHSA in Washington.

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