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by Demi Lovato : **Staying Strong: 365 Days a Year**

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PDF-22c54 | 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... *Staying Strong: 365 Days a Year*

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