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Staying Strong: 365 Days a Year is Demi's way of trying to help. She gives us insight into her struggling and what it was like overcoming self-harm along with addiction. Start each day with a quote to get through the day. Know that nothing can harm you, but yourself and the thoughts you're having.

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

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quote, a personal reflection and a goal. These are Demi's words.

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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.

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