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Staying Strong: a journal est le complément du premier livre de Demi Lovato, Staying Strong: 365 Days a Year. Il a été publié le 7 octobre 2014 et comporte, en plus des citations, une partie carnet où le lecteur peut y noter ses propres réflexions.

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Staying Strong 365 days a year is by far one of the best books I have ever read!! Demi Lovato is one of my favourite singers ever. I love this book so much. I would definitely recommend this book

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