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84 quotes from Staying Strong: 365 Days a Year: 'The best advice I can give to anyone going through a rough patch is to never be afraid to ask for help.' ... Staying Strong Quotes Showing 1-30 of 84. "Stay strong, be brave, love hard and true, and you will have nothing to lose." ? Demi Lovato, Staying Strong: 365 Days a Year. 28 likes ...

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Staying Strong 365 Days A Year by Demi Lovato is This is a book for everyone, everywhere, on their own journey who need comfort, inspiration and a reason every day to stay strong.

Staying Strong by Demi Lovato - Macmillan Publishers

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