



Sé fuerte (Staying Strong): 365 días al año (Spanish Edition)

Demi Lovato

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"Da las gracias por tu viaje, porque solo es tuyo".

Para la superestrella Demi Lovato la vida ha sido un viaje, una etapa donde ha alcanzado logros deslumbrantes y ha sufrido pérdidas desgarradoras.

Demi es una artista premiada con numerosos discos de platino, estrella de televisión y actriz. Se ha enfrentado con problemas que van de la adicción a la depresión, tratando a la vez de encontrarse a sí misma y buscar la felicidad. Demi ha relatado la crónica de su viaje en los medios de comunicación, en las letras de sus canciones y en Twitter, donde tiene 17 millones de seguidores.

Sus *tweets* han evolucionado hasta convertirse en *Sé fuerte*, una poderosa colección de 365 días donde se recogen los puntos de vista más sinceros, valientes y esperanzados de Demi. Aquí están sus propias palabras, las citas que la inspiran, sus reflexiones y metas personales.

Este es un libro para todas las personas, de todas partes, que están en su viaje personal y que necesitan consuelo, inspiración y una razón cada día para ser fuertes.

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