She fights back after friends turn against her and work drama explodes. With husband Mark by her side, Kelly is in the battle of her life.
How Demi Lovato Lost 30 Pounds: The Body Positive Diet

Child star-turned-pop star Demi Lovato has had more than her share of struggles to deal with, including bulimia, bipolar disorder and substance abuse. Fortunately, Demi, now 24, is looking healthier than ever these days and seems to have achieved a new level of self-acceptance. While embracing sobriety and a fitter lifestyle, Demi lost 30 pounds and became an advocate for the body positivity movement. She created a structured meal plan — cooking at home more often, avoiding late-night meals and ditching the restrictive dieting mentality. She also exercises six days a week. The result: a newfound body confidence for the singer, who just happens to have regained a level of self-acceptance. While eating and not knowing what's on her plate.