

EXCLUSIVE: Demi Lovato On Journey With Mental Health & More From Her Upcoming Documentary



by Rosy Cordero
October 16, 2017



@demilovato/instagram

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If you think you know everything there is to know about **Demi Lovato**, the singer and actress promises you ain't see nothing yet.

MORE: WATCH: Demi Lovato's Trailer for Her New Documentary

Lovato sat down with Latina to talk about her new documentary, *Simply Complicated*, set to debut exclusively via YouTube on October 17 and she doesn't hold anything back. Not that she's ever been shy about discussing her challenges with mental health issues and alcohol abuse, being bisexual or her experience working in Hollywood at such a young age. No matter what Lovato decides to open up about in this documentary, fans can trust that it's truthful and comes directly from her heart.

"What you can expect to see from my documentary is an insight to who I am today," Lovato told Latina. "I've talked a lot about my struggles in the past and I touch on that in the documentary. I speak about the things that I've been through and get really honest about that. But you'll get to learn more about who I am today and that's really important to me. That's what people see that I'm an independent, 25-year-old woman who's taken control of her life and living the best life I possibly can."

Ahead of the release of *Simply Complicated*, Lovato released a new album titled "Tell Me You Love Me," her sixth studio album. This became the perfect backdrop for her documentary because she felt like it helped her tell the story she wanted to tell.

"All of the songs on the album represent things that I've gone through and they're parts of who I am," she explained. "I talk about all that in the documentary, which I think is really cool. It really helped to weave the whole project together."

If there's one message you can expect to come from anything created by the 25-year-old, it's the importance of "girl power." As fans got a sneak peek of the documentary from the official trailer, it starts with an image of this little girl just started out her career at a very young age. And you're going to love every moment of her journey as she evolves into the strong woman that she is today.

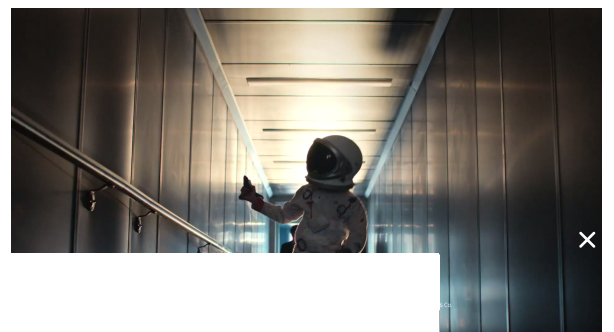
PLUS: Demi Lovato is Releasing a Raw, Uncut Tell-All Documentary!

"I would tell her that she's beautiful," Lovato said she'd tell her younger self today. "She's going to be loved, no matter what and accepted for who she is. And most importantly, that things are going to be ok."

Demi Lovato: Simply Complicated - Official Trailer

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Don't forget to catch the premiere of Demi Lovato. Simply Complicated on YouTube on Tuesday, Oct. 17.

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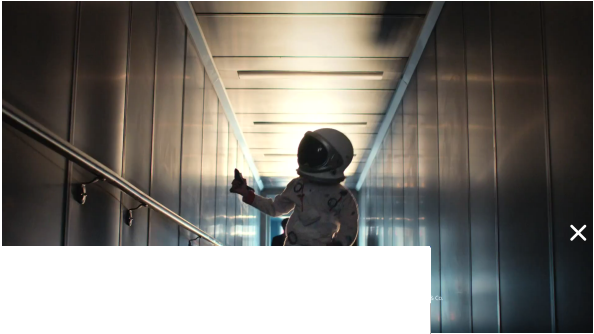
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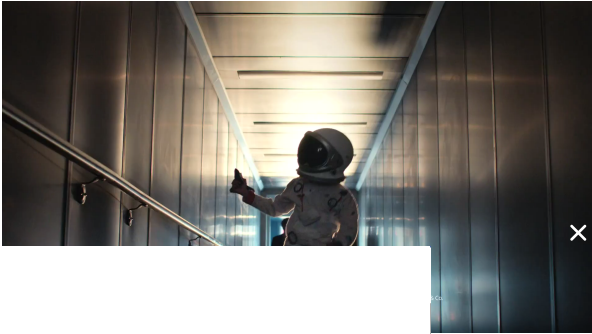
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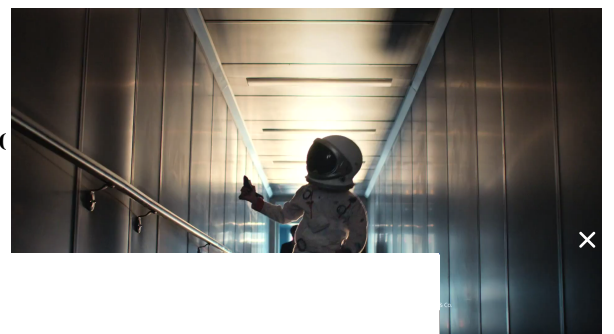
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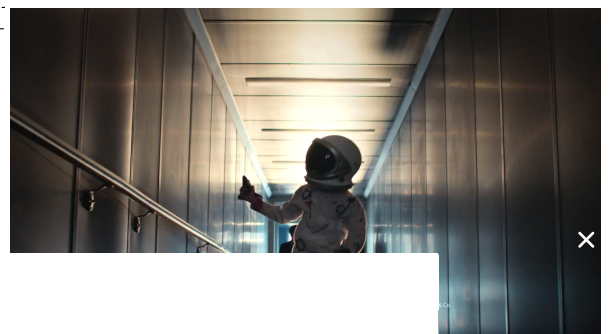
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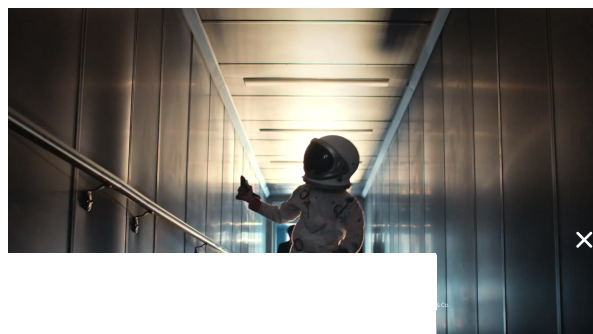
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