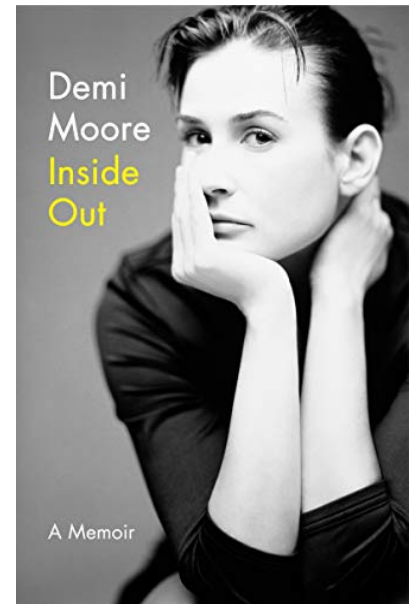


Inside Out Book Summary (PDF) by Demi Moore

Ready to learn the most important takeaways from Inside Out in less than two minutes? Keep reading!



Why This Book Matters:

Inside Out tells the life story of an actress, Demi Moore as she navigated a difficult childhood and a rocky start to her professional career.

The Big Takeaways:

1. **The life of Demi Moore was plagued by sickness and rocky parental relationships.**
 1. If Demi was diagnosed with a complex kidney disease at the age of five; meanwhile, her parents were young and spent an abundance of time fighting, doing drugs, and being unfaithful to one another.
2. **Demi was sexually assaulted at age 15.**
 1. The rape left Demi vulnerable to the world and its gross realities.
3. **Demi watched her vibrant neighbor with amazement.**

1. This neighbor was a German woman and an aspiring actress who urged Demi to give acting a try.
4. **Her first love and first movie came in her early years.**
 1. It was in her late teens that Demi met her husband and was cast in her first role.
5. **Addiction plagued Demi soon after her career started.**
 1. Even when Demi got what she desired, she could not hide from the shadows of life.

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