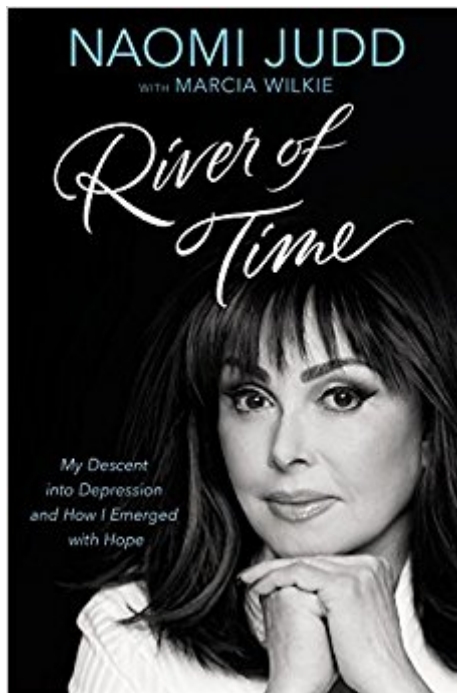




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# River Of Time: My Descent Into Depression And How I Emerged With Hope



## Synopsis

Naomi Judd's life as a country music superstar has been nonstop success. But offstage, she has battled incredible adversity. Struggling through a childhood of harsh family secrets, the death of a young sibling, and absent emotional support, Naomi found herself reluctantly married and an expectant mother at age seventeen. Four years later, she was a single mom of two, who survived being beaten and raped, and was abandoned without any financial support and nowhere to turn in Hollywood, CA. Naomi has always been a survivor: She put herself through nursing school to support her young daughters, then took a courageous chance by moving to Nashville to pursue their fantastic dream of careers in country music. Her leap of faith paid off, and Naomi and her daughter Wynonna became The Judds, soon ranking with country music's biggest stars, selling more than 20 million records and winning six Grammys. At the height of the singing duo's popularity, Naomi was given three years to live after being diagnosed with the previously incurable Hepatitis C. Miraculously, she overcame that too and was pronounced completely cured five years later. But Naomi was still to face her most desperate fight yet. After finishing a tour with Wynonna in 2011, she began a three-year battle with Severe Treatment Resistant Depression and anxiety. She suffered through frustrating and dangerous roller-coaster effects with antidepressants and other drugs, often terrifying therapies and, at her absolute lowest points, thoughts of suicide. But Naomi persevered once again. *RIVER OF TIME* is her poignant message of hope to anyone whose life has been scarred by trauma.

## Book Information

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## Customer Reviews

"I've known Naomi Judd for 25 years as a woman of indomitable strength and courage. Now she has been brave enough to write about her very personal struggle with severe depression and anxiety. RIVER OF TIME brings a message of hope to the millions of Americans who suffer from emotional illness. I recommend it." - Andrew Weil, M.D. "In our family, my mother has a well-earned reputation for being thoughtful and caring. Even as a small girl, I'm told, she remembered every relative's birthday when most kids know (and are concerned with!) only their own. This book is another iteration of her longing for connection and belonging. Our greatest need is to be known in our experience, to be witnessed and accepted as we are in this moment. In RIVER OF TIME she shares her journey through a harrowing tempest of treatment-resistant depression. Perhaps the details differ, but you may recognize yourself, or someone you love, in her battle. Depression is an epidemic in our country, a profound financial and emotional public health burden. The toll on us, the loved ones, must be addressed, too. As I watched Mom and Pop wade through the sucking mire of depression, I was deeply thankful that there was also help for us family members. May this book serve you in the way my brave mother hopes it may." — Ashley Judd, humanitarian, writer, and actor

NAOMI JUDD is a country music superstar and Grammy Award winning songwriter, best known as half of The Judds singing duo with her daughter Wynonna. The Judds have scored fifteen #1 hits and received more than sixty industry awards, including six Grammy Awards and seven consecutive CMA Vocal Group of the Year trophies. She has written three best-selling books and is an in-demand keynote speaker on topics of health, humanitarian issues, and community activism. Naomi Judd is also the mother of actress and activist Ashley Judd. Naomi and her husband, singer Larry Strickland, reside in the Nashville area. MARCIA WILKIE is a three-time New York Times bestselling co-author, and a versatile writer with credits in television, radio, advertising, print media, speech writing, and theater.

Halfway through with Naomi's book. Can't put it down. If you struggled with anxiety and depression like me your entire life you will love this book. Naomi's story is inspiring and gives me hope.

Thank you, Naomi, for sharing your remarkable life with us. This book is heart-felt, informative, sincere, and an inspiration for those of us who also live in this darkness.

Be warned: This was not a feel good story. But it isn't supposed to be. It's about long buried trauma that bursts forth whenever your self-medication with work or kids or drugs or alcohol inevitably goes away. It's told with stark truth, raw emotion, and heartbreaking reality. Naomi's story happened on a grand scale- child of poverty, neglect and abuse somehow powers through, but accumulates searing trauma after trauma that have to be suppressed instead of processed. With enormous talent and grit and luck, she makes something really big of herself. Naomi's career brought financial success, but what may be less obvious is that her sense of purpose and accomplishment and the connection with her audiences effectively put her traumas in a dormant state. And then the music literally stopped. She retired. Without the self-medication of her career, all her suppressed trauma came screaming out. Most people who'll read this are not famous performers, but at some point in life, we will all lose critical elements of ourselves. Small children will grow into independent adults, rewriting the significance and purpose as our role as parents. Careers will stall or cease, or at their best, come to an inevitable end as we age, taking with them the purpose and power we found from work. Marriages will dissolve, ripping away our identities as wives or husbands, taking away the hope and possibility and future that we once thought those roles held. So if/when it happens to you, what pain or trauma is still stored in your heart, waiting for a chance to burst forth and ride the tide of pain that comes with bittersweet or unwanted conclusions? It took this lovely, strong woman more than three years to manage all the s\*\*\* that she'd been avoiding for decades. And I must say, reading her story makes my own trials look small by comparison. I also grew up amid instability and abuse, and promised myself that when I grew up, I'd always protect my children. Then I gave birth to stillborn twins, and there was nothing I could do to protect them. That's when all of my buried trauma seeped out like sewage. Writing about it helps you heal, and helps others since our pain is our own but our situations are shared by too many just like us. If your unprocessed trauma is about miscarriage, this might help. [To Full Term: A Mother's Triumph Over Miscarriage](#) I'm so grateful to Naomi for writing this book. Thank you, ma'am. It was brave. I know it was therapeutic for her, and will be incredibly helpful for the millions who struggle with unresolved trauma. Read it with tissues nearby, and big bear hugs to anyone who needs them.

This book was very timely for me. I have struggled with depression for a number of years, and Naomi's account of her struggle made me realize i need more help than i have been getting. I am now seeking that help because my family and i all deserve a better me.

Very interesting in parts, but rambled on and repeated things.

If you've ever lived or are living with anxiety and/or depression you will definitely be able to relate to Naomi's experience. It's a painful and honest account of how debilitating this disease really is. It's also a very realistic account of how difficult it is to find a Doctor who really knows how to treat it. Just reading the book will make you realize you're not alone. And that's worth a lot. Thank you Naomi.

Very Personal & Honest, it was good to know that survivors like Naomi Judd is like myself and others who have overcome so many wrongs and made our life count for what is good by choosing to be true to ourselves, what an amazing lady! Her faith and love are very evident in her acts of love & charity in her home & community. I admire Naomi's courage in telling her story!

Devoured this in one day. Lesson learned..If you aren't willing to feel it, you can't heal it. Repressed and stuffed emotions are killers. No one should live in their past, rather embrace, mourn and purge it through feeling, crying, forgiveness and making peace with yourself. I felt like I wanted to pick up the phone and chat with Naomi for hours after this read. For those who would say, "your past is in the past, nothing you can do about it...move on"..TRUE. But is you shove it under a rug and push down the sadness and pain..it will come out somewhere..usually in the form of self-destructive behaviors. (addictions, compulsions, etc.) This is a RAW, REAL, read, which in and of itself is proof of the healing she has had. When you have REAL healing, you don't walk in the shame and denial any longer. You can face it head on and grow to be more interested in gleening healing more than what others may think about you. THIS is the evidence of a mind, heart and soul becoming whole again. BRAVO Naomi!!!!!!

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