



Out of the Blue

Joanna Fincham

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How a city girl found love on the land and overcame a life long battle with depression - an inspiring and uplifting love story. When Joanna Fincham appeared on a popular reality TV program in 2008 looking for love, little did the viewers know that Jo had been suffering from depression on and off throughout life.

Jo, it seemed, was a vivacious city girl looking for love with a handsome farmer. On screen she appeared bubbly, warm, and happy but in reality she had struggled with depression and bulimia for many years, both illnesses bringing their own difficulties and experiences.

Despite her struggles, Jo went on to find love on the show with Farmer Rob. In a fairytale ending Jo moved to the countryside and left her city life behind her. Now living on their farm in South Australia, Rob and Jo got married and had a gorgeous baby daughter.

This is the story of how Jo tackled her demons, found love, and created a new, healthy, happy life free from depression. It's a story of how love really can conquer all and how life on the land can heal and nurture you. Inspiring, warm, and fiercely honest, this is a wonderful personal account of overcoming adversity and making the most of life.

'Jo is a brave and beautiful woman. Her story is a must for anyone dealing with depression.' -Jessica Rowe

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