

Mary J. Blige Shares Hourglass From My Life Documentary

Mary J. Blige debuts “Hourglass” from her *My Life* documentary that is streaming on Amazon Prime. Blige sounds delicate and triumphant as she sings about embracing life as time never stands still. The theme corresponds to the film that dissects one of her most important works. The singer, who is known for her transparency, opens about everything that was happening in her world that went into recording her sophomore album *My Life*. Blige’s fans both new and old continue to use her 1994 release as a survival tool. In the film, she gives details on her struggles with depression and leaving her old circumstances behind as she became the Queen of Hip Hop Soul. [Mary J. Blige’s My Life](#) is available on Amazon Prime now.Â

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