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Life's Companion by Christina Baldwin | Review ...

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About Christina Baldwin Christina Baldwin is a writer and seminar presenter of 30+ years experience. She has contributed two classic books to the renaissance of personal writing, including the well-known Life's Companion, Journal Writing as a Spiritual Practice, revised and reissued in 2007 after 100,000 original sales.

About Christina Baldwin – peerspirit.com

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Life's companion: Journal writing as a spiritual quest. New York: Bantam Books. Google Scholar. Boud, D. (2001). Using journal writing to enhance reflective practice. *New Directions for Adult and Continuing Education*, 90, 9 ...

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