



Cultivating the Spirit: How College Can Enhance Students' Inner Lives

Alexander W. Astin, Helen S. Astin, Jennifer A. Lindholm

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"A groundbreaking study of the spiritual growth of college students.... The spiritual dimension of higher education has been explored from a variety of angles for the past twenty years, but not until now have we had a competent and comprehensive body of data organized around well-defined dimensions of this complex phenomenon. This is an essential book for anyone in academia who cares about the education of the whole person."

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"*Cultivating the Spirit* makes a unique and important contribution to one of the least examined yet most fundamental questions about undergraduate education: how students acquire the values and convictions that help to give meaning and purpose to their lives.... The authors provide a wealth of valuable findings about this vital process and its effects on student achievement, well-being, and personal growth in college."

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"The fruit of a decade of elegantly designed and compelling research, *Cultivating the Spirit* provides timely and significant data for reorienting the conversation about the relationships among intellectual inquiry, traditional academic values, and the formation of the inner life. Informative, clearly written, essential, and evocative reading for today's faculty across all institutions—public and private, secular and religious."

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