



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

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

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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."

—**Sharon Daloz Parks**, author, *Big Questions*, *Worthy Dreams* and *Leadership Can Be Taught*

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