

RELIGION AND PHILOSOPHY (CERP)

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CERP 85 The Path of the Spiritual Warrior (0 Credit Hours)

This course will examine religious writings and how they help us grow spiritually. Students will study eight core concepts and principles that, when understood and developed, can help to turn each of us into a "spiritual warrior": openness, introspection, discipline, courage, creativity, stamina, restraint, and perseverance.