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Leisure in your life: an exploration.

Author(s) : [Godbey, G.](#)

Book : [Leisure in your life: an exploration.](#) 1999 No.Ed.5 pp.xvii + 419 pp.

Abstract : The critical role that recreation and leisure plays in society is discussed. The abstract explores include: leisure's relation to health and well-being; the social, demographic and economic trends that are re-shaping leisure behaviour, organizations providing leisure services; and how people use their free time. Individual chapters discuss: leisure and recreation, play and flow; leisure past and present; what do we do with our leisure time; the rhythm of daily life; getting involved, from killing time to central life purpose; leisure and spending money for leisure; holy days, holidays and celebration; leisure and education; leisure throughout the cycle of life; travelling to leisure, travelling as leisure; leisure and education; leisure and healthy lives; healthy leisure, celebrating

service organizations; and the future of leisure.

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