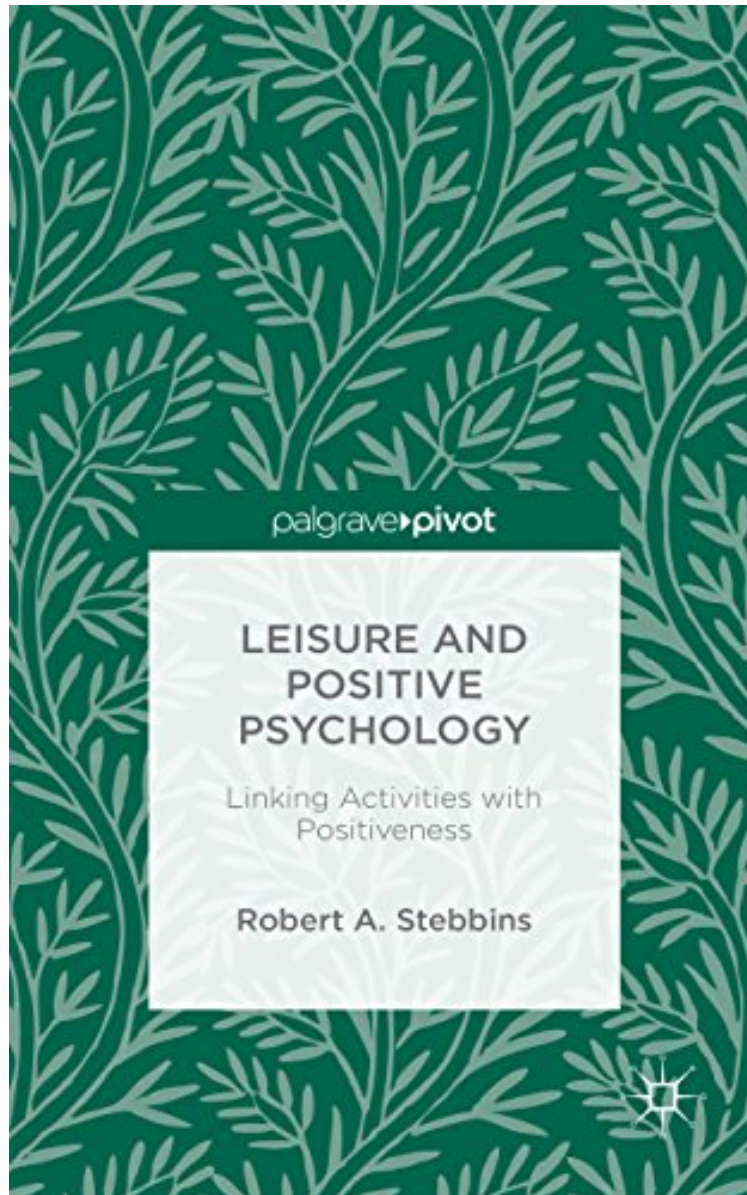


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Leisure and Positive Psychology: Linking Activities with Positiveness

Robert A. Stebbins

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Robert A. Stebbins : Leisure and Positive Psychology: Linking Activities with Positiveness before purchasing it in order to gauge whether or not it would be worth my time, and all praised Leisure and Positive Psychology: Linking Activities with Positiveness:

This book explores, from a leisure studies perspective, the central role that leisure has to play in positive psychology, exploring themes such as flow, fulfilment, altruism, well-being, and interpersonal relationships.

“The book’s main contribution is to point out that until now positive psychology, and mainstream psychology more generally, have spoken very little about states of relaxation, rest, ease, and pleasurable reflection. Brief chapters examine leisure’s link to personal relationships, altruism, spirituality, community and organizational life, wellbeing and quality of life, amusement and self-fulfillment, and creativity and play. . . . Summing Up: Recommended. Upper-division undergraduates through faculty.” (D. S. Dunn, *Choice*, Vol. 53 (10), June, 2016) About the Author Robert A. Stebbins is Professor Emeritus at the University of Calgary, Canada. His research and theoretic interests lie in work, leisure, and volunteering. His most recent books include *Careers in Serious Leisure* (2014) and *The Idea of Leisure* (2012).