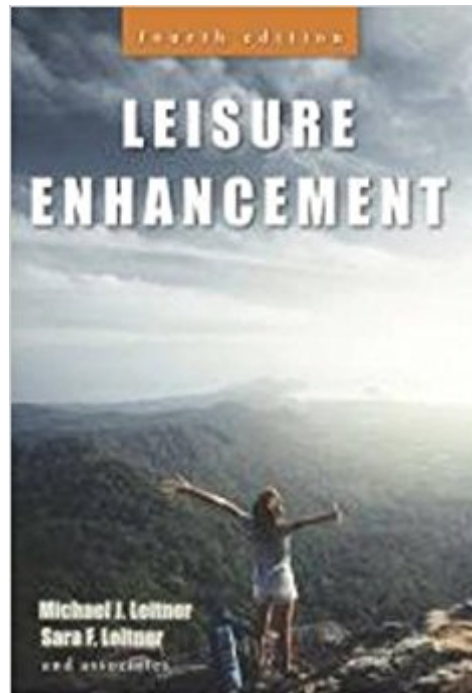




The book was found

Leisure Enhancement



Synopsis

This text provides a basic understanding of leisure theory, concepts, and philosophy, and illustrates how they can be applied to effectively enhance social development, improve fitness and health, and reduce stress.

Book Information

Paperback: 425 pages

Publisher: Sagamore Trade; 4 edition (November 26, 2011)

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Best Sellers Rank: #145,499 in Books (See Top 100 in Books) #81 in [Books > Sports & Outdoors > Miscellaneous > Sociology of Sports](#) #214 in [Books > Business & Money > Industries > Sports & Entertainment](#) #821 in [Books > Humor & Entertainment > Pop Culture > General](#)

Customer Reviews

life changing.

This was for a college course, and I found it interesting

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