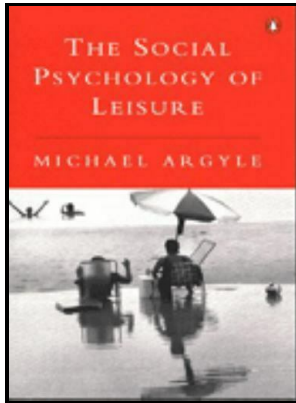


Social psychology of leisure

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 Notes: Includes bibliographical references (p. [355]-414) and index.
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I decided to experiment with the notion of depleted resources a little bit. Perspectives on Psychological Science, 3, 73—79.

A Social Psychology of Leisure

At work, we exert self-control throughout the day e.

The social psychology of leisure and recreation (1980 edition)

Another perspective related to the notion of self-control is that leisure does not require us to self-regulate in the way that work and other demanding daily life tasks may. It also advances from the first edition in several important ways. Yet most psychologists have neglected this absolutely fundamental aspect of our lives.

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Other behaviours such as going for a walk or a fitness class or working on a challenging DIY project demand physical or cognitive effort and deliberate thinking. For Librarians: Integration of your institutional LibKey profile with CAB Direct is very quick and easy! The behavioural impulses are derived from four sources: evolved motives and preferences, cultural norms and values, past experiences in similar situations, and what other people are doing in the same situation at a given time. Annual Review of Psychology, 62, 331—361.

A Social Psychology of Leisure, 3rd ed.

New York, NY: Farrer, Straus, and Girox. Work tasks that demand we exercise self-control can use up or deplete our limited self-control resources.

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