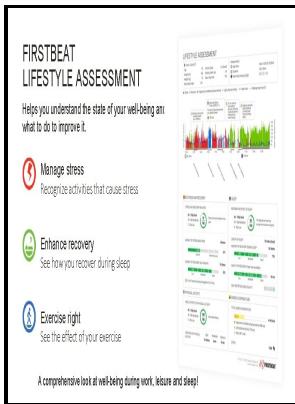


# Work, leisure and well-being

## Routledge - Work



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Notes: Includes bibliographical references and index.

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## Work

World Leisure Journal, 59, 3 184-194. Play is imaginative, intrinsically motivated, nonserious, freely chosen, and actively engaging. .

## Work Leisure And Well Being PDF Book

He also knows that much of our unknowing things are the result of our choosing not to know them lest we be obliged to do things we prefer not to do. Volunteering and health benefits in general adults: Cumulative effects and forms.

## Work, leisure and well being

When you quit accepting tasks out of guilt or a false sense of obligation, you'll have more time for activities that are meaningful to you.

## Definitions of leisure, play, and recreation

Leisure, according to Pieper, is a mental and attitude. The emerging issues are then discussed drawing on two international studies which indicate the increasingly global nature of these concerns. Aristotle had pointed out that our knowing minds have three basic aspects.

## Questia

The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions.

## Work, leisure and well being

The embodiment theory of pre-reflexive thought and creativity.

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