



Contemporary Perspectives in Leisure: Meanings, Motives and Lifelong Learning

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We are entering a new era of leisure. Quality rather than quantity is now the focus of researchers, policymakers and managers. Technological change, an ageing population and a harsh economic climate are changing the values and practices of leisure, as well as the relationship between leisure, society and the individual.

Contemporary Perspectives in Leisure uses a variety of disciplinary approaches to introduce the most important trends in contemporary leisure in the Twenty-First Century. With contributions from some of the leading international figures in modern leisure studies, the book examines key philosophical and theoretical debates around leisure, with reference to concepts such as happiness, enjoyment and quality of life, as well as the most interesting contemporary themes in leisure studies, from youth leisure and 'dark' leisure to technology and adventure.

Understanding changes in leisure helps us to better understand changes in wider society. *Contemporary Perspectives in Leisure* is a perfect companion to any course in leisure studies, and useful reading for any student or scholar working in sociology, cultural studies, recreation, tourism, sport, or social psychology.

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