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Leisure Enhancement

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Michael J. Leitner, Sara F. Leitner : Leisure Enhancement before purchasing it in order to gauge whether or not it would be worth my time, and all praised Leisure Enhancement:

0 of 0 people found the following review helpful. Five Stars By SpecialKlife changing. 0 of 0 people found the following review helpful. Five Stars By Sharon Davenport This was for a college course, and I found it interesting 0 of 0 people found the following review helpful. It makes for a good read. By Matt Had to get it for school, but never returned it. It makes for a good read.

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.