



# Leisure Studies: Themes and Perspectives

*Shaun Best*

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# Leisure Studies: Themes and Perspectives

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What is the place of leisure in societies where people complain of 'over-work'? How do personal freedom and choice relate to the inequalities of class, gender, disability and ethnicity?

This critical introduction to the field offers a systematic account of the meaning and structure of leisure today.

The book:

- situates the student in the field
- provides a comprehensive account of the leading approaches to leisure
- explores the influence of class, race, gender, ethnicity, disability and age
- discusses the role of the state
- examines leisure in the context of changing work relationships

- locates leisure in the debate around globalization

In short, this is an indispensable, one-stop guide to understanding leisure.

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