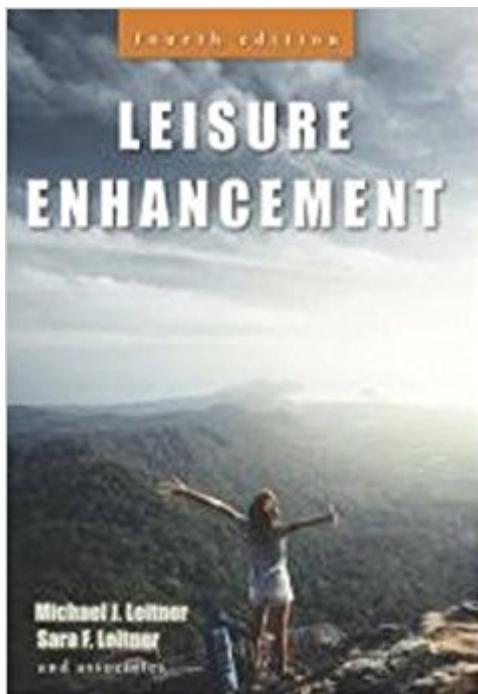


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# Leisure Enhancement



## Synopsis

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.

## Book Information

Paperback: 425 pages

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Average Customer Review: 4.7 out of 5 stars 3 customer reviews

Best Sellers Rank: #145,499 in Books (See Top 100 in Books) #81 in Books > Sports & Outdoors > Miscellaneous > Sociology of Sports #214 in Books > Business & Money > Industries > Sports & Entertainment #821 in Books > Humor & Entertainment > Pop Culture > General

## Customer Reviews

life changing.

This was for a college course, and I found it interesting

Had to get it for school, but never returned it. It makes for a good read.

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