



Positive Leisure Science: From Subjective Experience to Social Contexts

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This book extends positive psychology by embedding leisure into the positive science field, following a new paradigm and aggregating various domains and fields. Positive science can be applied to the field of leisure and, in turn, leisure can serve as an arena to study some of the most important optimal functioning variables. The book presents knowledge on a diverse range of topics about optimizing socio-cognitive processes and behaviors, places and contexts, societies and cultures through leisure. These topics are unified by an underlying continuum that extends from individuals and subjective experiences to social worlds. The contributions highlight components of everyday life, showing that subjective experience and life trajectories are structured and social goals and life purposes are defined and achieved within interactions between individuals and their lived contexts and environments in daily life.

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