



## It's Not About Time! : Rediscovering Leisure in a Changing World

By Joe Pavelka



**It's Not About Time! : Rediscovering Leisure in a Changing World** By Joe Pavelka

Remember the leisure predictions of the 1960s? By now we were supposed to be living a life of shorter work weeks, secure jobs, virtually no housework and a lot of free time. What happened? Most of us now can't even remember what free time feels like. How did we change from a leisure-focused society to one of the most time-stressed populations in the world? The future of leisure in North America is as rosy or dreary as we want to make it because it hinges on some tough decisions that each of us has to make. *It's Not About Time* challenges us to rethink leisure, but in simple, practical terms that are meaningful in daily life. It enlightens us on the range of everyday factors that impact our ability to experience leisure. Finally, it empowers us to negotiate our own leisure path, both now and in the future.

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