

Shintaro Kono, Anju Beniwal, Priyanka Baweja, & Karl Spracklen (Eds.) (2020). *Positive sociology of leisure: Contemporary perspectives*. Basingstoke, UK: Palgrave Macmillan.

## Introduction

This edited collection explores Positive Sociology of Leisure (PSL) as a subfield relating to leisure studies, sociology of leisure, and sociology of happiness.

Defined as an area of research that examines social aspects of leisure life with a focus on the optimal functioning of relationship, group, community, organization, and other social units, PSL differs from more critical forms of sociology in that its starting point is social positives.

The contributions draw on a range of diverse disciplinary backgrounds to consider various meanings of leisure across themes such as: ageing; sex, sexuality and family; community, youth, and education; and arts and creativity.

*Positive Sociology of Leisure* will be a key reference within the field of sociology of leisure, as well as an important introductory book for those interested in leisure studies.

