

Project-Based Leisure: Toward Personal Well-Being and Community Involvement

By Robert A. Stebbins

This short book discusses the relatively new concept of project-based leisure in leisure research, and relates it to individual and community well-being and quality of life. The book defines PBL as a short-term, reasonably complicated, one-off or occasional, though infrequent, creative undertaking carried out in free time, or time free of disagreeable obligation. Such leisure requires considerable planning, effort, and sometimes skill or knowledge. The book discusses how PBL contributes to subjective well-being, though doing so more modestly than serious leisure and occupational devotion. The book surveys existing field research of the author's own and other studies, and provides original insights on how PBL activities can be used to generate community involvement and subjective well-being.