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Nota di contenuto	Intro -- Preface -- Contents -- Chapter 1: Conceptual Background -- Leisure as Activity -- Leisure as Experience -- Serious Leisure Perspective -- Six Distinguishing Qualities -- Devotee Work -- Casual Leisure -- Project-Based Leisure -- Types of Project-Based Leisure -- One-Shot Projects -- Occasional Projects -- Conclusions -- References -- Chapter 2: Opportune Activities -- Intriguing Activities -- Making Things -- Liberal Arts Activities -- Activity Participation -- Arts Projects -- One-Off Volunteering as PBL -- Occasional Projects -- Conclusion -- References -- Chapter 3: Project-Based Leisure as Obligation -- Two Types of Obligation -- The World of Leisure Projects -- Making Something -- Exterior Home Projects -- Inner-Home Projects -- Volunteer Projects -- Defining the Work-Leisure Axis of Volunteering -- Leisure's Contribution -- Personal Projects -- Conclusions -- References -- Chapter 4: One-Off Contributions to the Community -- Episodic Volunteering -- Local Emergencies -- Role of the Volunteer in a Disaster -- Other Voluntourism -- Neighborhood Cleanup and Decoration -- Local Problems -- Hobbyist-Like PBL -- Conclusions -- References -- Chapter 5: Sharing Project-Based Leisure -- Solitary PBL -- Shared PBL -- Family Co-Participants -- A Birthday Slide Show -- Friends as Co-Participants -- Recipients of PBL -- Conclusions -- References -- Chapter 6: Conclusion -- The Role of Obligation in Leisure -- Level of Skill and Knowledge -- PBL as Dabbling -- Dabbling and the CL-SL Continuum -- Conclusions --

References.
