This course is designed to study the importance of balancing work and leisure in an individual's life. It will examine motivation and need for leisure, the criteria which determine leisure choices and the benefits and negative aspects of leisure behavior. The community, regional, national and global leisure trends and impact will be examined including the contribution of leisure to quality of life. You will be asked to complete a number of “leisure challenges” as part of this course, the goal of which is to provide opportunities to explore your own leisure behaviors and how they impact your quality of life. Rather than a traditional textbook, the primary reading for this course is a non-fiction novel by Brigid Schulte called “Overwhelmed.” Note: This course has been approved for Core Curriculum credit in Health and Wellness.