



Leisure and Time Management in Fostering Wellbeing and Health: Current Issues and New Trends

Guest Editors:

Dr. Nuria Codina

Department of Social Psychology
and Quantitative Psychology,
08035 University of Barcelona,
Spain

Dr. Isabel Castillo

Department of Social
Psychology, University of
Valencia, 46010 Valencia, Spain

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Message from the Guest Editors

Leisure has the potential to promote well-being and health more than other areas of human activity. In this sense, it is important to promote the visibility of the incidence of leisure in general, leisure experiences and leisure activities—practicing from physical activity to cultural consumption, hobbies, music, sports, and intergenerational activities—in the physical and mental health of people (of any age, social condition, cultural capital, and changing sociocultural and personal contexts). Moreover, due to the link between a predominantly autonomous use of time and the enjoyment of leisure time, possibilities, capacities, habits, and attitudes (personal, social, cultural) regarding time management are of special importance too.





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Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
Innovation, Richard Dixon
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University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

Message from the Editor-in-Chief

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Health* Editorial Office
MDPI, St. Alban-Anlage 66
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