



# The Importance of Being Lazy: In Praise of Play, Leisure, and Vacation

*Al Gini*

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Drawing upon in-depth case studies of vacation habits and the observations of philosophers, writers, and sociologists such as Aristotle, Mark Twain and Thorstein Veblen, Al Gini argues why vacations are so venerated and why 'doing nothing' is a fundamental human necessity.

From shopping sprees and extreme sports to the ultimate vacation - retirement - *The Importance of Being lazy* demonstrates that without true leisure, we are diminished as individuals and as a society.



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