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## **Leisure Never Goes Out of Style Celebrate a Day of Leisure on Friday June 26**

**San Francisco, CA** – Leisure lovers around the world will once again unite and celebrate the fifth annual Day of Leisure on Friday, June 26, 2009. “Day of Leisure is a time to celebrate leisure and remember what’s important to us,” says Dean LaTourrette, co-author of *Time Off! The Leisure Guide to San Francisco, 2nd Edition*, and *Time Off! The Upside to Downtime*. “In tumultuous economic times, it’s especially important to focus on meaningful leisure and time off.”

“Leisure is a basic human need that regularly goes unfulfilled,” says Kristine Enea, co-author of the *Time Off!* books, citing her mantra. “The work ethic has been hijacked by an overwork ethic. We need more free time.”

With the world economy in turmoil, many people are facing forced time off, or otherwise reassessing how they spend their time and hard earned money. Research has repeatedly shown what many of us already know: most leisure is found in and around the home, and doesn’t necessarily mean spending a lot of money.

“Day of Leisure is a day for increasing awareness about the positive changes that spending more time with family and friends—and remembering that you have a life outside of work—can have on our society as a whole,” LaTourrette says. “If there’s a bright spot to the current economic crisis, it’s that people are taking a step back and evaluating what’s important to them.”

Day of Leisure will be celebrated on Friday, June 26 in San Francisco, with a day’s worth of leisurely activities planned. People are encouraged to take the day or afternoon off of work and go picnic in the park, ride a bike, read a book, or do something else leisurely.

For more information on Day of Leisure 2009, including leisurely suggestions for how to spend the day, see [www.dayofleisure.com](http://www.dayofleisure.com).

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***Time Off! The Leisure Guide to San Francisco, 2nd Edition*** (ISBN# 0974108413) and ***Time Off! The Upside to Downtime*** (0974108499) and are available at bookstores nationwide, at [LeisureTeam.com](http://LeisureTeam.com) and at [Amazon.com](http://Amazon.com). The books are distributed by Publishers Group West, and published by Leisure Team Productions, an independent media company dedicated to promoting leisure through books, events and other media. Join the Leisure Team at [www.leisureteam.com](http://www.leisureteam.com).