

# Book review

## Tourism as a pathway to hope and happiness

**Edited by Tej Vir Singh, Richard Butler and David Fennell**  
**Channel View Publications**  
**Bristol**  
**264 p.**  
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The book, edited by Tej Vir Singh, Richard Butler and David Fennell, focuses on the psychological dimensions of tourism, emphasizing its profound impact on well-being and happiness in diverse contexts. It sheds light on the evolving understanding and various perspectives of traveling while highlighting the consistent desire to escape the mundane and engage in explorations that awaken emotions. Divided into three distinct parts, the book navigates through theoretical and philosophical foundations, destinations, settings, and populations, and concludes with an exploration of adjustment and change. The thirteen chapters collectively provide a comprehensive exploration of the subject matter.

The preface of the book, written by the late Professor Tej Vir Singh, addresses the pursuit of a good life, thereby setting the stage for the subsequent exploration of happiness-related perspectives. In the first part, Metin Kozak examines the elements of positive tourism, delving into philosophical perspectives such as hedonism and eudaimonia, with a focus on romantic personal relationships. Similarly, Melanie Kay Smith adopts an Aristotelian viewpoint to discuss tourism well-being, emphasizing the pleasure of retreat experiences and the underlying motivations, including stress management and fitness. The concepts of eudaimonia and well-being are further explored in a chapter by Mona Mirehie and Iryna Sharayevska, who examine family travel and positive psychology in a

study set in South Carolina. Carla Faga and Vera Lucia Boegea Borges take a multidisciplinary approach to explore the role of tourism in the search for the meaning of life. This chapter delves into transformative tourism experiences around aspects of neuroscience, language, imagery and the profound impact of social interaction and the lack of it on motivation for tourism. Gianna Moscardo employs cinematic references to argue for the promotion of mindfulness among both tourists and residents, suggesting this approach can contribute to empowerment and sustainable consumption at a broader level. In line with the book's exploration of well-being, Reni Polus and Neil Carr discuss volunteer tourism as a path for hope and happiness.

Destination development is given particular emphasis in a chapter by David Bowen and Jackie Clarke, who presented research on familiar tourism, examining the emotional connection developed between holidaymakers and familiar destinations in Wales, which in turn fosters positive destination development. Subhajit Das and Hiran Roy explore the positive effects of food tourism on destinations and communities, highlighting a case study in the Eastern Himalayan region, which demonstrates how post-materialistic food tourism generates happiness and fulfillment for hosts and visitors alike. An autoethnographic study set in Stringybark Creek, Australia, by Michael Fagence draws connections between personal tourism experiences and the history of places.

In the last part of the book, Sera Vada and Noel Scott examine well-being in relation to hedonia and eudaimonia, highlighting the potential of restorative well-being to benefit travelers and increase destination revisits due to the

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positive emotions it generates. In line with positive emotions, Remi Isaac explores tourism as an agent of change and peacemaking, and perhaps even an avenue for raising awareness. The discussion takes place in the context of the Palestinian issue and expresses hope that tourism can empower individuals to “become holders of knowledge and that will one day lead to equality, democracy and, human rights for all” (p. 193). The topic of peace is also explored in the final chapter by David Fennel, who explores degrees of peace through an immersive solo canoe trip in Canada. The emphasis is on the significance of the relationship between activity and place, underscoring the central themes of mindfulness, happiness and overall well-being.

In conclusion, this book serves as a valuable resource for both academic and practitioner audiences interested in delving deeper into the dimensions of tourism that intersect with the human

experience and well-being in various tourism contexts. Nevertheless, the chapters provide an opportunity for reflection for the reader in relation to traveling and personal experiences. By emphasizing positive psychology and happiness with its diverse range of topics, this book contributes to a forward-thinking holistic understanding of the transformative potential of tourism in fostering individual well-being and cultural exchange, which is becoming increasingly important for both visitors and destinations.

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