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Tina Barseghian

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Is your daily grind taking the joy out of life? Don't get glumget a hobby!In this entertaining, information-packed guide,

journalist and ReadyMade contributing editor Tina Barseghian invites you to explore 101 thoroughly absorbing diversions, from conventional to downright wacky, that'll satisfy every taste, talent, and timetable. The bonus: Practicing a hobby boosts your all-around mental and physical health, as longtime family practitioner Dr. Miguel Figueroa reveals in the Foreword. Are you an independent, nature-loving, outdoorsy type? Consider beachcombing, caving, or mushroom hunting. Crafty, meticulous, and patient? You might enjoy needlework, knotting, or growing bonsai. Just take the personality quiz to identify those hobbies that best match your aptitude, interests, and even your mood, then it's on to the hobbies. Each hobby entry provides a playful mix of information: overviews, histories, and sample projects to help you get your hobby on, plus profiles of dedicated hobbyists and resources that'll help take you to the next level. Get a Hobby! might just be the inspiration you've been looking for.