

Electronic media monitoring 15/6/06

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Matthew Abraham & David Bevan

Abraham says Kearns and Gardiner are experts in curing procrastination.

Kearns says it is to do with perfectionism. The panel discuss reasons for and solutions to procrastination.

Various callers give personal examples of procrastination. Gardiner says the task is never as bad as people think it is.

Interviewees: **Hugh Kearns**, Head of **Flinders University** Staff Development and Training Unit; **Maria Gardiner**, clinical psychologist, **Flinders University**;