

**ABC 891 Adelaide (Adelaide)**

**Mornings - 5/06/2008 10:44 AM**

**Deb Tribe**

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Continuing discussion on happiness. Caller Kathy says the panel is taking a simplistic and moralistic approach to the topic. She says there has been a breakdown of community in modern western society. She says times are changing quickly which is very stressful. She says even doing volunteer work or having your family around you does not always make you happy. Kearns says happiness is a complex issue. He says it is about using your strengths and being connected to people. Gardiner says the key is not to compare yourself to other people. Caller Marion says children are not growing up with values because they get given so much by time-poor parents.

**Interviewees:** Hugh Kearns, Staff Development, Flinders University ; Maria Gardiner, Training Unit and Clinical Psychologist; various callers

**Duration:** 4.25

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