

U of W professor talks about procrastination

If you're always putting things off, you won't want to miss University of Windsor's Fuschia Sirois this week on A-Channel and the specialty network, One: Mind, Body & Spirit.

The associate psychology professor has some tips on how to break the procrastination habit on Positive Living TV, airing Thursday at 9 p.m. on One (cable 164, ExpressVu 201, StarChoice 575), and Saturday at 11 a.m. on A (channel 16/60, cable 6).

Sirois has studied links between anxiety and procrastination, and discusses her findings in a companion essay posted on Positive Living TV's website, www.positivelivingtv.com.

Canwest News Services