

Interview Questions for the media to ask re SPN/Procrastination

Why do people procrastinate?

Is procrastination becoming more prevalent, and if so, why?

If someone procrastinates, doesn't it mean they're lazy?

Can procrastination be beat forever?

Does ending procrastination require adherence to a rigid system that takes a lot of time, effort, and struggle?

What are some of the most effective techniques to get things done right now?

Sometimes I find a good technique but then I revert back to old habits. How do I stop myself from doing that?

Will implementing strategies to stop procrastination kill creativity and spontaneity?

How can anyone listening find out more about ending procrastination?