

The Journey Out of Bananaland



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Map of
the book

NO MORE BANANAS

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- Step 1: Calm Down**
- 1.1 Switch Off Notifications
 - 1.2 Consume Less Information
 - 1.3 Stop Babbling
 - 1.4 Seek the Silence
 - 1.5 Channel Your Thoughts

- Step 2: Let Go**
- 2.1 Stop Ruminating
 - 2.2 Cut Down on Planning
 - 2.3 Stop Controlling
 - 2.4 Forgive
 - 2.5 Release Stress

- Step 4: Dethrone Yourself**
- 4.1 Control Your Emotions
 - 4.2 Stop Soul Searching
 - 4.3 Enjoy Your Averageness
 - 4.4 Embrace Your Unimportance
 - 4.5 Celebrate Your Temporality

- Step 7: Get Organized**
- 7.1 Clean Up Your Stuff
 - 7.2 Get Rid of Work
 - 7.3 Stop Procrastinating
 - 7.4 Multitask Sequentially
 - 7.5 Plan for Uncertainty

- Step 8: Think Sensibly**
- 8.1 Assess Importance
 - 8.2 Check Facts
 - 8.3 Question the Source
 - 8.4 Explore Perspectives
 - 8.5 See the Bigger Picture

- Step 3: Take Responsibility**
- 3.1 Quit Complaining
 - 3.2 Stop Blaming
 - 3.3 Speak Out
 - 3.4 Allow Feeling Bad
 - 3.5 Accept the Consequences

- Step 5: Build Character**
- 5.1 Ignore Apps and Advice
 - 5.2 Deviate from the Herd
 - 5.3 Take a Risk
 - 5.4 Guard Your Boundaries
 - 5.5 Adopt a Work-Rest Rhythm

- Step 6: Detox Yourself**
- 6.1 Challenge Your Beliefs
 - 6.2 Rethink Your Aspirations
 - 6.3 Question Your Habits
 - 6.4 Filter Your Words
 - 6.5 Change Your Yardsticks

- Step 9: Pay Attention**
- 9.1 Welcome the Unexpected
 - 9.2 Listen and Respond
 - 9.3 Monitor Yourself
 - 9.4 Read and Repeat
 - 9.5 Use Your Senses

**NO MORE
BANANAS!**