

The Journey Out of Bananaland



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

Map of
the book

NO MORE BANANAS

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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 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 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 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 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 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 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 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!**