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# Letting Go Of Your Bananas

## Letting Go of Your Bananas



*How to Become  
More Successful by  
Getting Rid of Everything  
Rotten in Your Life*

DR. DANIEL T. DRUBIN



## Synopsis

This is a book for anyone who feels they've fallen short of their career potential, or wondered if the things they do-or don't do-at work are sabotaging their careers. The truth is, most people learn their greatest lessons not from grasping the brass ring but from letting go of negative influences and behaviors. Now Dr. Daniel T. Drubin helps readers identify what he terms the "rotten bananas"-unhealthy habits, relationships, jobs, and beliefs-that are holding them back, while providing job-saving, step-by-step advice on how to get back on track, including ways to: Increase resourcefulness; Take responsibility and win "the blame game"; Enhance fearlessness; Remain purposeful, passionate, and persuasive; And more. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

This book was order to be a part of gift boxes given to women who are survivors of domestic violence and also to adult literacy clients. I originally purchased as an easy read to teach others to read but found the simple but practical principles were good for other situations. Working with women who are survivors of domestic violence I found that they immediately picked up the principles and applied to their situations without much effort on the facilitators part. It was easy to remember and we have since purchased others. Great Graduation Gift...the principles are simple but easy which makes for leaving a life "free" of rotten bananas.

Oh my, this is one of the duller books I have read in a while. Basically, the author feels that if you

believe something will happen and work as hard as you can to make it happen, it will. You just have to change your mindset, let go of everything that is holding you back and you will have raging success. This is not a bad viewpoint and there are plenty of other books that say basically the same thing. The problem is that the author says it over and over and over again. Chapter after chapter of him telling you to just let go of your past, believe in yourself and be resourceful. There is little practical advice, little discussion of what those bananas are that are holding you back (I thought this would be the primary discussion in the book) or how one develops resourcefulness. It felt like a teenage cheerleader yelling in my ear for two hours the same, only somewhat helpful, refrain over and over. I honestly gave up in the last 50 pages of the book because I couldn't deal with it any more. Oh, and his other great advice for being wildly successful? Get yourself a coach. So let go of your past, expect a wonderful future, imagine fabulous things, be resourceful, give it your all, get a coach and believe that you can be extraordinary and you will have a life beyond what you can even dream. There, I just saved you several hours reading the book.

this was the first time i put a book down without finishing it. this book had been recommended to me by a small business owner who stated it would help me empower myself in my daily life and help me in establishing myself in my business, but i disagree. this book ranks low on the totem pole of self-help books

Letting Go of Your Bananas: How to Become More Successful By Getting Rid of Everything Rotten in Your Life is a twelve step program that helps a person get rid of things that preventing a person to become more successful. The author shares stories of past experiences to help the reader understand more. The Author also offers a to do list after each step. The book is every straight forward. Good for people who want to better themselves. I would recommend reading this book.

This book was published in 2006 but the world of self-help passed this guy by back in 1970. Too many strategies and technologies have been refined in the last 30 years for you to consider reading this text - read "Overachievement" by John Eliot or some of the latest NLP efforts instead. But let's get back to the book, here is my synopsis of what Dan offers: believe you that can have more, visualize it, and then hustle and work hard. He talks a lot about visualizing and nothing about how to hustle because somehow after you set a goal, opportunities will surround you if you are "open". I'm afraid that I don't find the world so magical that "thoughts attract like magnets" and "how to actually do something will take care of itself." Dan does offer a few phrases that are helpful, but they are

escorted with stories that don't support them. And don't even get me started on the first 24 pages; even if you are a big fan of his I recommend that you start reading on page 25 or you may not have the willpower to get to the meat of the book. I like to read books that have bullet-point summaries at the end of a chapter, but each of Dan's summaries contain phrases and points that are not mentioned or expounded in the chapter! Don't count on much here when you've finished it.

"Letting Go of Your Bananas" is a GREAT book! It helped me see clearly the things in my life and in my mind that were bringing me down. I found the strength to cut off and turn away from the negative. And it feels freeing to be the "CEO" of my own life, taking full responsibility for the good and bad. I applied these concepts to parenting, to my every day thinking patterns, to business success, to my relationships. It is just super motivating - I highly recommend this book!

Dr. Daniel T. Drubin's LETTING GO OF YOUR BANANAS: HOW TO BECOME MORE SUCCESSFUL BY GETTING RID OF EVERYTHING ROTTEN IN YOUR LIFE enjoys the winning audio narrative voice of Stephen Hoye, who brings to life a step-by-step program consisting of twelve keys to liberating potential, telling how to live in the 'now' while creating a vision for the future. From confronting and moving beyond old fears to developing strategies for success, this is inspirational listening at its best.

This was a great book. I am an adult literacy teacher and was picking up some books for my students. Really I thought the title was great for interest and it's a short quick read. I enjoyed this book for two purposes because one of my students who I helped to read this book was in a domestic violence situation and was able to "see her way out of that relationship". This helped her better than all the other "professional how to". True there are a lot of self-help books out there and some are better than others but the stories and points are great for the average reader and individual needing to take a moment to decide which "Bananas" to get rid of. If no one else enjoys this book, I have helped a student learn to read and re-invent her life so it was worth purchasing for me. I gave the student the book after we read it and I highly recommend it to give to someone who you think might have some problems but you don't know how to approach them with. It's a great conversation starter if nothing more than the title. I purchased some ripe bananas and allowed half to go bad and was able to use it also as illustration for children getting rid of good and bad friends. Great Book...if you don't like it after reading it at least you will know with type banana it is. If you like it then pass it on to someone so they can "Let Go of their Bananas". It was almost a lot like the "Let

Go and Let God" so you could say..."Let Go of your rotten bananas and Let God have them".

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