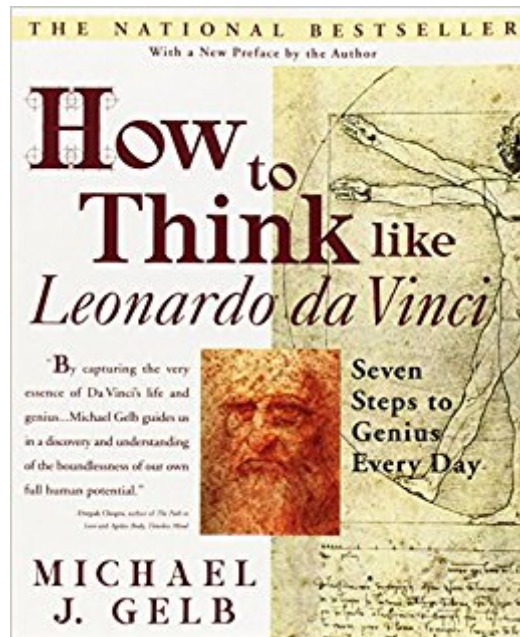


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# How To Think Like Leonardo Da Vinci: Seven Steps To Genius Every Day



## Synopsis

Genius is made, not born. And human beings are gifted with an almost unlimited potential for learning and creativity. Now you can uncover your own hidden abilities, sharpen your senses, and liberate your unique intelligenceâby following the example of the greatest genius of all time, Leonardo da Vinci. Acclaimed author Michael J. Gelb, who has helped thousands of people expand their minds to accomplish more than they ever thought possible, shows you how. Drawing on Da Vinci's notebooks, inventions, and legendary works of art, Gelb introduces Seven Da Vincian Principlesâthe essential elements of geniusâfrom curiosit  , the insatiably curious approach to life to connessione, the appreciation for the interconnectedness of all things. With Da Vinci as your inspiration, you will discover an exhilarating new way of thinking. And step-by-step, through exercises and provocative lessons, you will harness the powerâand awesome wonderâof your own genius, mastering such life-changing abilities as:

-   Problem solving
-   Creative thinking
-   Self-expression
-   Enjoying the world around you
-   Goal setting and life balance
-   Harmonizing body and mind

Drawing on Da Vinci's notebooks, inventions, and legendary works of art, acclaimed author Michael J. Gelb, introduces seven Da Vincian principles, the essential elements of genius, from curiosita, the insatiably curious approach to life, to connessione, the appreciation for the interconnectedness of all things. With Da Vinci as their inspiration, readers will discover an exhilarating new way of thinking. Step-by-step, through exercises and provocative lessons, anyone can harness the power and awesome wonder of their own genius, mastering such life-changing skills as problem solving, creative thinking, self-expression, goal setting and life balance, and harmonizing body and mind.

## Book Information

Paperback: 336 pages

Publisher: Dell; Reissue edition (February 8, 2000)

Language: English

ISBN-10: 0440508274

ISBN-13: 978-0440508274

Product Dimensions: 7 x 0.7 x 8.5 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 251 customer reviews

Best Sellers Rank: #22,336 in Books (See Top 100 in Books) #60 in   Books > Arts & Photography > Individual Artists #113 in   Books > Self-Help > Creativity #269 in   Books > Reference >

## Customer Reviews

Here's a personal growth guidebook that's won the admiration and recommendation of Ted Hughes, Poet Laureate of England. He calls this "a brilliant, practical guide to awakening and training our vast, unused resources of intelligence and ability." Author Michael Gelb, founder of High Performance Learning and consultant for companies including AT&T and National Public Radio, says that we all can unlock the "da Vincian" genius inside us. Gelb says there are seven critical principles that need to be followed for success, whether you're learning a new language, studying to be a gourmet chef, or just hoping to be more effective on the job: *Curiosita*: An insatiably curious approach to life. *Dimonstratzione*: A commitment to test knowledge through experience. *Sensazione*: The continual refinement of the senses, especially sight, as the means to clarify experience. *Sfumato*: A willingness to embrace ambiguity, paradox, and uncertainty. *Arte/Scienza*: The development of the balance between science and art, logic and imagination ("whole-brain thinking"). *Corporalita*: The cultivation of ambidexterity, fitness, and poise. *Connessione*: A recognition and appreciation for the connectedness of all things and phenomena; "systems thinking." Gelb discusses each of these principles in relation to what da Vinci accomplished, thereby giving this book a built-in history lesson. The illustrations from the master's work and time add a nice warmth to the work. As the president of NPR said after working with Gelb, this is a program recommended for "anyone who wants to experience a personal and professional Renaissance."

--This text refers to the Audible Audio Edition edition.

Founder and president of the High Performance Learning Center, Gelb, in seminars and workshops and now in this book, offers "the Seven Da Vincian Principles" for learning how to approach life like a genius. He uses Leonardo's native Italian language to label these principles: "*curiosita*" (curiosity and continuous learning), "*dimostrazione*" (learning from experience), "*sensazione*" (sensory awareness), "*sfumato*" (accepting and embracing uncertainty), "*arte/scienza*" (balancing art and science, or "whole-brain" thinking), "*corporalita*" (physical fitness and ambidexterity) and "*connessione*" (seeing the interconnectedness of everything). Gelb provides discussion of each principle in relation to Leonardo's work, questions for reader "self-assessment," exercises and even notes for parents to apply the principles to child-rearing and teaching. His view reflects the current trend in working with "multiple intelligences" and creativity, and is similar to the approach outlined in Todd Siler's *Think Like a Genius* (1997). The Renaissance mood Gelb successfully invokes,

however, adds a unique richness to this deeper, more expansive work. Illustrations. Editor, Tom Spain; agent, Muriel Nellis. Copyright 1998 Reed Business Information, Inc. --This text refers to the Audible Audio Edition edition.

I read the book and then listened to the audio book. I learned a lot from both. They explain in an interesting way Leonardo da Vinci's life and the way he approached his many different kinds of activities from painting to various scientific research such as the human anatomy, the flight of birds and attempts to invent and design things such as a helicopter and various machines. Many books about Leonardo da Vinci focus on his paintings. By contrast this one explains many of his other talents and qualities. The author Michael J. Gelb has categorized da Vinci's thinking method into several principles and explains the lessons derived from these principles and how anyone who wants to be effective and successful in life can apply them. There are several types of thinking and sense development exercises. I found especially the stream of consciousness exercises useful in improving the effectiveness of my thinking in tackling daily problems. No doubt Leonardo da Vinci was a genius who was a great thinker with a lot of wisdom, had a multidimensional and creative thinking approach with diverse interests and activities. He is very interesting to analyze and to derive lessons from. However, it seems to me that the author has presented many of the usual advice given by life coaches as the Leonardo da Vinci method of thinking. For example he explains very clearly Tony Buzan's mind maps and how to apply them. He mentions Tony Buzan's name as he explains them. He talks about the importance of and how to set long term goals, to find a purpose in life and to become aware of our values ; all very important and useful information. There is no doubt that the author has studied Leonardo carefully and knows a lot about him. However, I doubt that Leonardo da Vinci used any thinking methods similar to Tony Buzan's mind maps or the Smart method of setting goals in life. He was a careful observer and a great thinker yes, but the thinking methods presented in this book can not be claimed to say that this is how Leonardo was thinking too. They are important thinking tools that we read in various books and listen to in seminars of life coaches and leading authorities on effective thinking such as Tony Buzan and Edward de Bono but they can not be attributed to Leonardo da Vinci. The various thinking methods explained in the book are very effective and useful but I wish they had not been marketed as : " Leonardo used to think like this too ". It is not very convincing.

One of my very favorite books! Everyone should own a copy and use it!

An excellent, extremely well-thought out knowledge gained through years of research. I found many practical tools to increase self-awareness and problem-solving techniques. The reader should be aware that this is not an "easy, quick read"

Wow - excellent source for history and practical advice. If you take your time with this book and actually practice the techniques, I have no doubt that you will grow in various areas of your life. A must read for anyone looking to think better!

This book has expanded my mind and showed me how to look at things from different perspectives. There are many mind exercises to do, and if you "work" the book, it can really enlighten you.

Brilliant, excellent advice. Love reading this book. It explores a lot of ways to express and innovate your self.

This book influenced me in many little and big ways. Although the broadness and depth of the content presented here cannot be absorbed and applied in just a few years, it's a great ideal to strive for. I've always been fascinated by Leonardo da Vinci. Michael Gelb skillfully presented that it's possible to get closer to Leonardo's genius in the modern, fast-paced world. Writing with my left hand in a mirrored manner, keeping a journal on a day-to-day basis, asking questions about every trivial thing around, these are just a few things that started to enrich my life. I am grateful for this book, because it is a great encyclopedia of personal development and growth. For the amount of practical, useful things you can strive for developing, this book has earned the status of a must-reread for life.

what a great book. I bought both the book and the workbook and reading it now. I can not put it down. 5 stars + another +5.

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