



## How to Think Like Leonardo da Vinci: Seven Steps to Genius Every Day

By Michael J. Gelb

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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 intelligence—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 Principles—the essential elements of genius—from *curiosità*, 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 power—and awesome wonder—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 *curiosità*, 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.

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## How to Think Like Leonardo da Vinci: Seven Steps to Genius Every Day By Michael J. Gelb Bibliography

- Sales Rank: #22005 in Books
- Brand: Dell Publishing Company
- Published on: 2000-02-08
- Released on: 2000-02-08
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .68" w x 7.00" l, 1.07 pounds

- Binding: Paperback
- 336 pages

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### Editorial Review

#### Amazon.com Review

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.
- *Dimonstrazione*: 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."

#### From Publishers Weekly

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.

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#### From Library Journal

Gelb, president of the High Performance Learning Center in Great Falls, VA, urges readers to push forward toward their full intellectual potential by incorporating advice and examples from one of history's undisputed geniuses, Leonardo da Vinci. In this hands-on workbook, Gelb includes questionnaires that test the reader's

senses and perspectives, a biographical sketch of Leonardo, plentiful line drawings, and exercises designed to stimulate and expand the reader's quest to learn more. Gelb adheres to Leonardo's belief that it is best to test knowledge through experience, that the senses can be tapped as a source of information and fulfillment, and that ambiguity is not a flaw. The seven DaVincian principles discussed can refine the use of intellect and teach the reader the unchanged art of thinking clearly and fulfilling one's potential. The result will appeal especially to curious adult readers and upper-level high school students preparing to excel in today's competitive world. For all self-help collections.?Catherine T. Charvat, John Marshall Lib., Alexandria, VA  
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