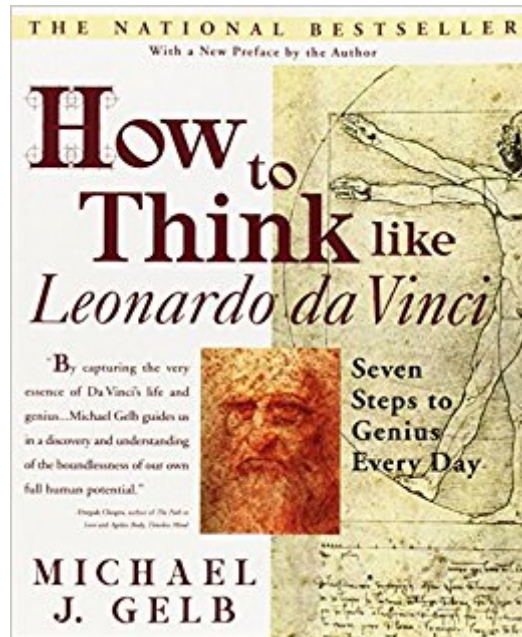


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# How To Think Like Leonardo Da Vinci: Seven Steps To Genius Every Day



## 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

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## Customer Reviews

This book is very hard for me to grade. It contains some of the best and worst material I have ever seen, all in the same book. That combination is unprecedented in my experience. If the book were solely built around the exercises, I would say that it deserved more than five stars. If the book were solely built around the analysis and history of Leonardo da Vinci as a thinker, I would grade it at two stars. The exercises are so terrific that I urge you to read the book. I also urge you to see the text leading up to the exercises as merely an introduction to the exercises. If you want to learn about Leonardo da Vinci as a thinker, I suggest you go elsewhere for that guidance. I do encourage you to read the Leonardo notebooks directly. They are fascinating. While you are doing so, try to imagine yourself with the limited scientific knowledge of the day. One of the things that you will learn is the power of conceptualizing what is needed that is missing. This helps to set the goal that energizes those who then meet the goal. Leonardo had enormous influence in this way with his pioneering work on helicopters, submarines, parachutes, and many mechanical devices. Research on creativity and innovation has shown that it is valuable to increase one's curiosity, testing of ideas, observation skills, openness to new ideas and ambiguity, whole-brained thinking, balance in life activities, and seeing systems connections. This book espouses those concepts as well. In fact, it felt to me like the author was more influenced by the creativity and innovation literature than by Leonardo. If the book had drawn on more of this kind of research, rather than just trying to oversimplify Leonardo da Vinci, it would have been a better book. As I read the book, I did at least one exercise in each section. I found these exercises to be very well constructed and that I derived great personal value from the experiences they gave me. I think you will feel the same way, if you are like me and want to improve your ability to see, hear, feel and grasp. The only totally inappropriate exercise I encountered was one that encouraged you to write backwards like Leonardo did. You should know that I am probably biased on this, for this habit of Leonardo's is primarily responsible for a miscommunication of his work that delayed the pursuit of many of his best ideas by others. Civilization is the poorer, as a result. The book also has a lot of self-assessments to help you understand what you need to work on. I found these to be below-par in value. The worst part of the book were the very poor reproductions of paintings by Leonardo. The Last Supper can barely be discerned. If images cannot be better reproduced than this, they should be left out of the book. After you have thought about reading this book or actually do so, I suggest that you also question as to whether or not your goal should be to think more like Leonardo da Vinci. True, he was a great

genius. But he had his drawbacks. Most of his ideas did not see fruition in his own lifetime. He also spent most of his time either entertaining noble patrons with songs and stories or with creating war machines. What legacy would you like to leave? A legacy can be shaped by your thoughts. What thoughts will expand your legacy. Mother Teresa did not have to think like Leonardo to leave a great legacy. How can you think like yourself in better ways?

This book is not for everyone. Here's how it helped me and here's a test to know if the book's for you: If you really want to see the "world" (cliche' but I do mean the entire world: your dog, your business, your lover's response, the smell of air) in a new way and if you really try to do so, then you know how difficult a task it can be to catch a new glimpse or a new idea. Though it's not too difficult to find what other's have already pointed out, it's the place of prophets and poets and the great entrepreneurs to see something new. As a research chemist 20 years ago, and now as a physician involved in research, I use a very powerful tool that helps improve vision; the tool (the notebook) and good techniques for using it are described in this book. I see people buy notebooks and diaries for school and personal use but I don't know many people who catch the real power of this tool. You could read this whole book (How to Think Like...) and not catch the power of the tool without giving the notebook technique a try. You could try the technique and not catch the power unless you keep trying and keep revising techniques and keep trying to see and to hear and to block out the voice of your teachers who told you what to see and what to hear. Einstein kept a notebook with him even when he went sailing. Another famous mathematician kept notes and had theories even about why the good guy is quicker in a western gun fight. King David must have kept an extensive notebook (we read some of his notes in the Psalms). Seems most people have the idea that personal notebooks are for 13 year old girls to decipher puberty. But ship captains, scientists, poets, businessmen (who mostly journal expenses), track stars (who keep up with workouts) and people who accomplish great things or bite off great fun keep journals. Nope, I don't have a Nobel prize. But, I've made a few contributions with the help of notes. Even more importantly, keeping a journal (and this book gives possibly the best advice I've seen on how to keep a journal) enriches my life by allowing me to capture the new joke my or the fun adventure of a camping trip with my son. As I stumble through literally rooms full of books in my home, if there were a fire, the books I would grab first would be the ones I wrote and scribbled over the past 20-plus years. No! I cannot think like Leonardo Di Vinci. I don't want to. I also don't want to think like you or anyone else. But I do want to think like Leonardo in that I use some of the same tools that he and many others with excellent thinking and vision have used (for more tools you can see my book

"Anytime...for as Long as You Want"). Even if I can't think with the brilliance of Leonardo, I can use the same tools to improve my own thinking. The test to learn if this book is not for you: If the idea of carrying a notebook with you to the next camping trip, to the grocery store, to the library, and to your mother-in-law's house sounds just too weird and nerdy to you, then this book will not be of much use to you. There are several other books about Leonardo that do a better job telling the story of the life of this great man; if you want to know more about Leonardo, read one of those instead.--Charles Runels, MDAuthor of "Anytime...for as Long as You Want: Strength, Genius, Libido, and Erection by Integrative Sex Transmutation (A 15-Day Course for Men to Improve Life and Sex)"

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