

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

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This inspiring and inventive guide teaches readers how to develop their full potential 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 connessioni, 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

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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.

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.

>> Conessione: 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."

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.

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#### Other Books

Leonardo Da Vinci: Inspirasi untuk Hidup Lebih Bermakna. Leonardo da Vinci adalah orang serba bisa (polymath) dari zaman Renaisans: Seorang pelukis, pematung, musisi, penemu, insinyur, penulis, arsitek, dan ilmuwan. Dia digambarkan sebagai arketipe dari "manusia Renaisans" dan sebagai genius universal, seseorang dengan rasa ingin tahu dan daya cipta yang luar biasa. Dia juga dianggap sebagai salah satu pelukis terbesar yang pernah ada. Kedudukan Da Vinci dalam sejarah seni selalu unik. Ia berdiri sendiri di antara para pelukis Renaisans, tidak hanya karena kesempurnaannya yang langka dari kualitas intelektualnya yang tinggi dari seninya, tetapi karena pengaruhnya yang luar biasa atas

orang-orang di masanya, dan karakter universal dari kegeniusannya...

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