



The How to Think Like Leonardo da Vinci Workbook: Your Personal Companion to How to Think Like Leonardo da Vinci

By Michael J. Gelb

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In the bestselling tradition of **The Artist's Way Morning Pages Journal**, **The Simple Abundance Journal of Gratitude** and **The Don't Sweat the Small Stuff Workbook** comes **The How to Think Like Leonardo da Vinci Workbook**--the companion volume to Michael Gelb's 1998 Delacorte hardcover bestseller.

Created to structure and motivate the reader's development of the seven da Vincian principles introduced in **How to Think Like Leonardo da Vinci**, **The How to Think Like Leonardo da Vinci Workbook** represents the natural extension of Gelb's da Vinci line. As any modern da Vinci student knows, Leonardo's notebook both served as the incubator and repository of his unique genius and provides the foundation of any modern-day student's attempt to emulate that genius on his own. From the very first exercise in the original **How to Think Like Leonardo da Vinci**, Gelb encourages readers to keep their own personal notebooks in which to hone their da Vincian skills; now he provides that notebook for them, with the added bonus of tips on exercises they'll recognize and new suggestions and assignments that will build on the work they've already done.

Designed to echo the inviting look of **How to Think Like Leonardo da Vinci**, and structured to help readers focus on each of the seven genius principles, **The How to Think Like Leonardo da Vinci Workbook** is a companion volume that truly complements and enhances the reader's experience of the original book on which it's based.

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Editorial Review

Amazon.com Review

Leonardo da Vinci is the perfect antidote to a dumbed-down world. Perfect for anyone with similar aspirations for self-actualization, the exercises in *The How to Think Like Leonardo da Vinci Workbook* are designed to provide a lifetime of cerebral expansion, using the seven parameters laid out in *How to Think Like Leonardo da Vinci*: curiosity; developing knowledge through experience; sensual refinement; a willingness to embrace ambiguity and paradox; linking the scientific and creative sides of the brain; physical poise and fitness; and understanding the connectedness of all life.

For example, to develop curiosity, one of the exercises has you ask people you respect to assess your strengths and weaknesses and to offer ways in which you could improve. Uncomfortable? Probably, for both parties. But if you're not curious about how others perceive you, you've closed off entire corridors leading toward self-knowledge and self-improvement. In the section on knowledge and experience, Gelb has you write down each new word you come across, along with its definition, and practice using it as often as you can. Da Vinci, he says, recorded 9,000 words this way. As Gelb notes in his introduction, this isn't a book that can be fully used up in a week or even a year; it could take 10 years to perform all these exercises. It would take months just to listen to the 10 greatest pieces of classical music he lists in the section on sensual refinement, and then listen to them played by different orchestras and conductors to distinguish subtle differences in interpretation. And, certainly, the simmeringly sensual recipes listed in that same section could lead to some very cozy evenings over the course of a lifetime. --Lou Schuler

From the Inside Flap

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About the Author

Michael J. Gelb is the world's leading authority on the application of genius thinking to personal and organizational development. He is a pioneer in the fields of creative thinking, accelerated learning, and innovative leadership. Gelb is the author of fourteen books on creativity and innovation, including *Innovate Like Edison: The Five-Step System for Breakthrough Business Success*, with Sarah Miller Caldicott, the great-grandniece of Thomas Edison.

In 1999, Michael Gelb won the Brain Trust Charity's Brain of the Year Award; other honorees have included Stephen Hawking, Garry Kasparov, and Gene Roddenberry. In 2003, he was awarded a Batten Fellowship by the University of Virginia's Darden School of Business. Gelb co-directs the acclaimed Leading Innovation Seminar at Darden with Professor James Clawson. From 2008 to 2012, Gelb also served as the Director of Creativity and Innovation Leadership for the Conscious Capitalism Institute.

A former professional juggler who has performed with the Rolling Stones and Bob Dylan, Michael Gelb introduced the idea of teaching juggling as a means to promote accelerated learning and team building. A fifth-degree black belt in the Japanese martial art of aikido, Gelb is co-author, with International Grandmaster Raymond Keene, of *Samurai Chess: Mastering Strategic Thinking Through the Martial Art of the Mind*. Gelb is also a certified teacher of the Alexander Technique and the author of the classic work *Body Learning: An Introduction to the Alexander Technique*.

In 2010 Michael Gelb released *Wine Drinking for Inspired Thinking: Uncork Your Creative Juices*, a unique and original approach to team building. His most recent book is *Creativity on Demand: How to Ignite and Sustain the Fire of Genius*.

Michael J. Gelb lives in Santa Fe, New Mexico.

Users Review

From reader reviews:

Michael Chapman:

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Hattie Booth:

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