

your life. You will discover an exhilarating, original way of seeing and enjoying your world as you develop powerful strategies for creative thinking and new approaches to self-expression. You'll learn proven techniques for sharpening your senses, liberating your unique intelligence, and harmonizing body and mind. With Leonardo as your inspiration, you will make your life a work of art.

Although you may already be familiar with Da Vinci's life and work, you'll finish this book with a fresh perspective and a deeper appreciation for this most enigmatic figure. Looking at the world from his point of view, you may also get a taste of the loneliness genius brings. But I guarantee that you'll be uplifted by his spirit, inspired by his quest, and exalted by your association with him.

The book begins with a capsule review of the Renaissance and its parallels with our time, followed by a biographical sketch of Leonardo and a summary of his major accomplishments. The heart of the book is the discussion of the Seven Da Vincian Principles. These principles are drawn from an intensive study of the man and his methods. I've named them in Leonardo's native Italian. The good news is that Leonardo's principles will probably be intuitively obvious to you. You do not have to try to invent them in your life. Rather, like much of common sense, they need to be remembered, developed, and applied.

**G**iorgio Vasari (1511–1574), architect of Florence's Uffizi and a pupil of Michelangelo's, originally published his *The Lives of the Artists* in 1549. He was credited by scholars with effectively inventing the discipline of art history with that book. *Lives* remains the most important source on Italian Renaissance art. With uncanny flair Vasari profiles the lives and work of almost two hundred painters, sculptors, and architects, including Giotto, Masaccio, Brunelleschi, Donatello, Botticelli, Verrocchio, Raphael, Michelangelo, Titian, and, of course, Leonardo.