

tive trait of highly creative people, and Leonardo probably possessed more of that trait than anyone who has ever lived. Principle number four—Sfumato—guides you to be more at home with the unknown, to make friends with paradox.

For balance and creativity to emerge from uncertainty requires principle number five—Arte/Scienza—or what we now call whole-brain thinking. But Da Vinci believed that balance was more than just mental. He exemplified and affirmed the importance of principle number six—Corporalita—the balance of body and mind. And if you appreciate patterns, relationships, connections, and systems—if you seek to understand how your dreams, goals, values, and highest aspirations can be integrated into your daily life—then you are already applying principle number seven: Conessione. Conessione ties everything together.

Each principle is highlighted by excerpts from the maestro's notebooks and illustrated with his sketches or paintings. This illumination is followed by some questions for reflection and self-assessment. These questions are designed to stimulate your thinking and inspire your application of the principles. The questions are followed by a program of practical exercises for cultivating a personal and professional Renaissance. To get the most benefit from *How to Think like Leonardo da Vinci*, read the whole book first, without doing the exercises. Just contemplate the questions for reflection and self-assessment. After this preview, review the explanation of each principle and then do the exercises. Some of the exercises are easy and fun, while others require challenging inner work. All are designed to bring the spirit of the maestro to your daily life. In addition to the exercises, you will find an annotated reading and resource list to guide you in exploring and applying each principle. The reading list includes recommendations on the Renaissance, the history of ideas, the nature of genius, and, of course, the life and work of Leonardo.

In the final section of the book you will discover “The Beginner’s Da Vinci Drawing Course,” and you’ll also learn how you can participate in a history-making project that embodies the essence of the Da Vincian spirit.

“We respect  
him by  
learning from him.”

—FREUD ON DA VINCI