

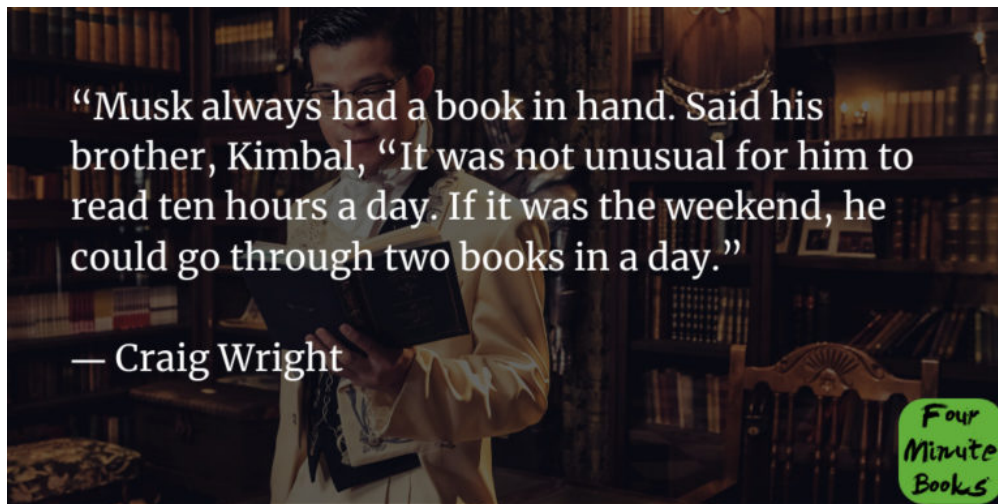
The Hidden Habits of Genius Summary

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1-Sentence-Summary: *The Hidden Habits of Genius* looks at how geniuses separate themselves from the rest by having in common a distinctive set of characteristics and habits that form a unique way of thinking and cultivating brilliance.

Read in: 4 minutes

Favorite quote from the author:



What is a genius? What is it in their daily habits and personal traits that set them apart from the rest? After careful observation of the most brilliant minds the world has seen, author Craig Wright discovered a few key ingredients that make up such masterminds.

Looking at some of the greatest minds in history, such as Mary Shelley – the author of the notorious *Frankenstein*, or even Pablo Picasso, we can see how they created their masterpieces by adopting a juvenile, child-like way of thinking.

Picasso himself affirmed that "It takes a lot of time to become young." Therefore, brilliant artists achieve their best work by letting go of traditional frameworks and embracing puerile creativity and innovation throughout crafting.

A fresh and unaltered view of the world is one thing that allows geniuses to develop a unique way of thinking and to create. *The Hidden Habits of Genius* explores other key characteristics that brilliant minds have in common.

Here are my three favorite lessons from the book:

1. First, geniuses have a strong sense of curiosity for the world.
2. Being completely focused on your work allows you to uncover brilliant discoveries.

3. Second, ditch traditional working frameworks from time to time and think outside the box.

Lesson 1: Being thirsty for knowledge allows you to grasp a wider perspective and create masterpieces.

We are born curious. Children learn from their surroundings by touching, smelling, and looking at everything. It is our best and most effective tool for discovering new things. However, some people are born with a deeper sense of curiosity that allows them to learn constantly.

Leonardo da Vinci was a curious person, always interested in learning almost everything. Moreover, he had a restless mind that pushed him to find out something new every day. This helped him accomplish the great achievements that made him famous.

We can also cultivate curiosity. **Even though we may not be geniuses or strive to become one, we can all try to be more receptive and open to experiencing and learning new things.** Again, retake the example of Da Vinci. When he was in Milan, he had set more than five tasks for the day to discover the city better.

Whether traveling, reading, or finding yourself in a new situation, work more curious and participative. It is a great first step in your journey to becoming more knowledgeable and accumulating new and innovative perspectives.

Lesson 2: Geniuses are completely focused on their work and prioritize it.

It's no secret that focused work and determination help you get things done faster and better. But there is a certain thing that geniuses do, in contrast with the rest of the world. They don't get distracted. Instead, they give their full attention to the work and often neglect themselves to save time.

Sticking to Leonardo Da Vinci's story, we can further observe how a strong sense of curiosity alone was not enough to make him a genius. He had a formidable ability to concentrate for a long period of time. He took his time to analyze and observe all possible outcomes of his work before getting started.

The outstanding power to focus for an extended period and anticipate the results is a common trait of brilliant minds. For some, the place and time of the day don't really make a difference, as they are completely absorbed by their work, leaving no space for acknowledging their surroundings.

The perfect example for this type of person would be Einstein, who used to take care of his baby with one hand and write equations with the other. However, not all geniuses can phase out and multitask like that. It is common for some of them to lock themselves in a quiet place to concentrate and work.

Lesson 3: Breaking the rules can foster innovation and an original way of working.

Rules and working frameworks exist for a reason. We are expected to follow them because they are tested and proven to be efficient in dealing with different tasks. However, some people can see beyond them and create new, better rules or just work more efficiently without them.

These people are innovators, as they don't need to follow pre-established procedures but rather establish new ones on their own. However, breaking the rules is a dangerous feat, as society often prefers to follow safe and proven methods and punishes those who disrespect them.

However, if one proves to be right in their innovative concepts, the rewards are worth it. Take the example of Martin Luther, who dared to turn against the Catholic Church and ignited the Reformation by presenting his Ninety-Five Theses, thus creating a new sect that exists even today.

You can become integrated into society by following the rules, but you can't change the world by obeying them. Therefore, if you feel like you have an idea that needs to be heard, maybe it's better to ditch the procedures and see for yourself how you can develop and implement them, even though it implies taking a certain risk.

The Hidden Habits of Genius Review

The Hidden Habits of Genius explores the nature behind the most brilliant minds and zooms in on the recipe that creates geniuses. By observing the lives of Leonardo Da Vinci, Picasso, Einstein, and others alike, the author unveils the key characteristics of a mastermind and the habits that we can implement ourselves to resemble them. Its readers will gain significant insights into how to be more curious, innovative, and daring. These traits will help them throughout their life.

Who would I recommend The Hidden Habits of Genius summary to?

Aspiring entrepreneurs looking to boost their attitude and reform their mentality to become the next big disruptors, human nature students or social studies curious about the genius mind, or people who consider themselves gifted and want to reach their full potential.

