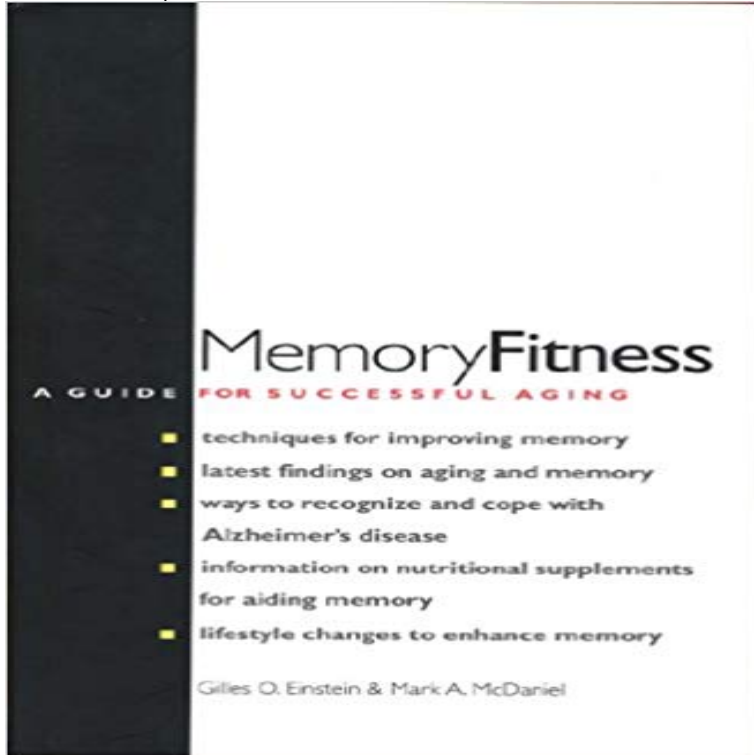


# Memory Fitness: A Guide for Successful Aging



The decades from 1500 to 1550 in Florence encompassed one of the most original and outstanding periods in the entire history of art. This gloriously illustrated book gathers and describes many of the beloved paintings, drawings, and sculptures created by the greatest masters of the period along with less familiar but equally beautiful and intriguing works. The contributors to the volume explore the masterpieces of Florence and challenge conventional interpretations of the evolution of this art. The book outlines the historical context of the Florentine High Renaissance and then discusses drawings, paintings, and sculpture in turn. Focusing on major artists and their contemporaries and allies, the authors demonstrate the great importance of drawing during this period and show that there was a consistency in the brand of creativity found in such artists as Michelangelo, Fiorentino, Cellini, and Bronzino. The authors question the relevance of terms like High Renaissance and Mannerism, and they contend that, contrary to commonly held assumptions, there was no strong stylistic division between art produced in Florence before and after the death of Raphael in 1520.

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