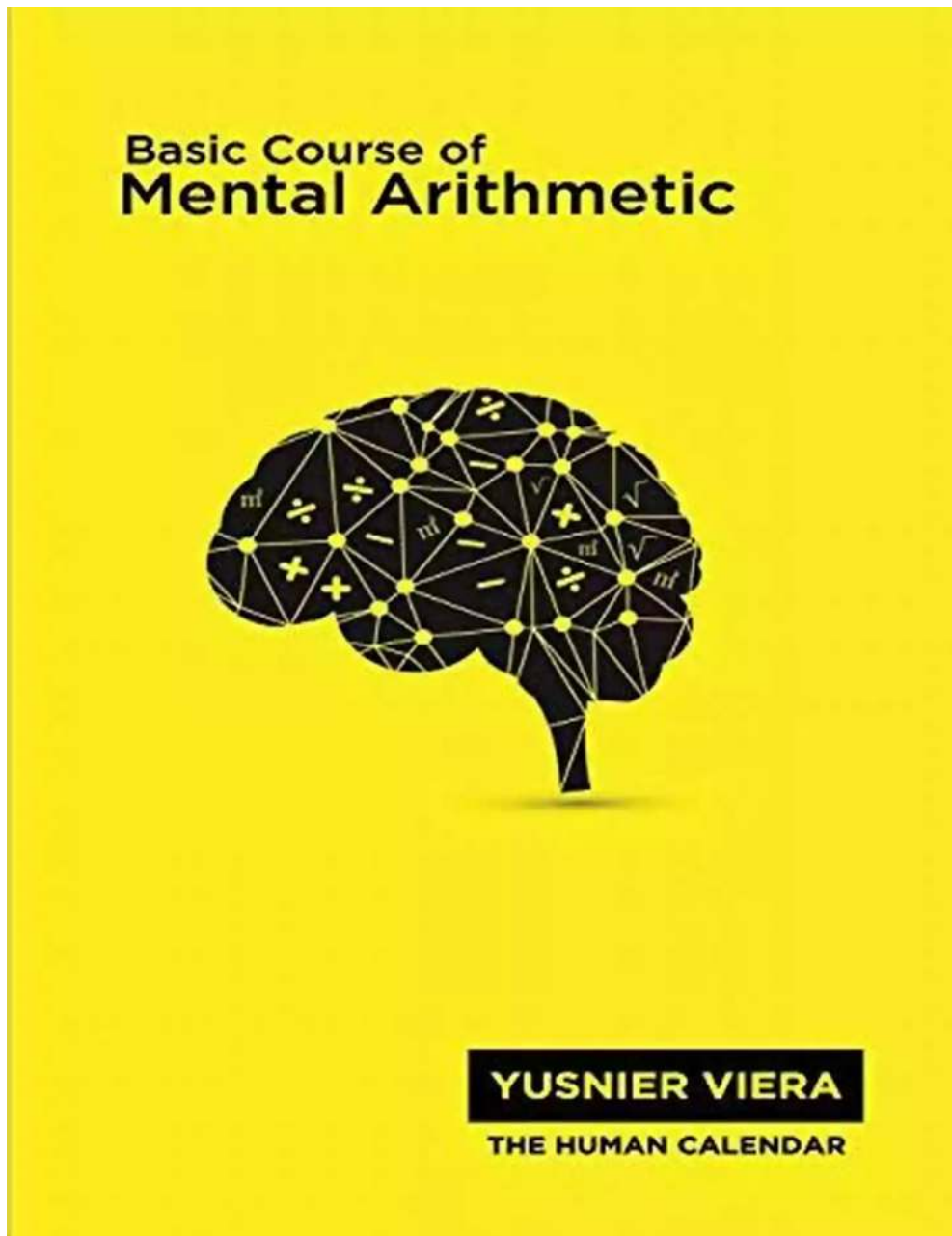


# Unleash Your Brain Power with the Basic Course of Mental Arithmetic



Have you ever wondered how some individuals effortlessly calculate complex mathematical problems in their heads while you struggle to add two-digit numbers? The secret lies in the teachings of mental arithmetic, an ancient technique that trains your brain to perform lightning-fast calculations mentally. In

this article, we will explore the basic course of mental arithmetic, the benefits it offers, and how it can transform your mathematical abilities.

## What is Mental Arithmetic?

Mental arithmetic, also known as the art of mental calculation, is the ability to perform calculations solely in one's mind without the aid of any external tools, such as calculators or pen and paper. It involves developing mental strategies to manipulate numbers, solve mathematical problems, and perform calculations with speed and accuracy.



### Basic Course of Mental Arithmetic

by Yusnier Viera(Kindle Edition)

★★★★★ 5 out of 5

Language	: English
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The basic course of mental arithmetic is specifically designed for beginners who wish to enhance their numerical abilities and cultivate a sharp mind. It covers fundamental techniques such as addition, subtraction, multiplication, and division, gradually progressing towards more advanced concepts like square roots, percentages, and fractions.

## The Benefits of Learning Mental Arithmetic

Enrolling in a basic course of mental arithmetic offers various benefits that extend beyond improving your mathematical skills. Here are some key advantages:

1. **Enhanced Memory:** Mental arithmetic exercises stimulate and strengthen the neural connections in your brain, enhancing your memory capacity and retention abilities.
2. **Improved Concentration:** Regular practice of mental arithmetic requires focus and concentration, training your mind to stay attentive over extended periods.
3. **Increased Speed and Accuracy:** Mental arithmetic techniques enable you to perform calculations rapidly and accurately, saving time in various academic, professional, and day-to-day activities.
4. **Boosted Problem-Solving Skills:** Mental arithmetic nurtures analytical thinking and problem-solving skills, helping you approach complex problems with clarity and efficiency.
5. **Enhanced Confidence:** As your mental arithmetic abilities improve, so does your confidence in handling numbers and mathematical operations, both in academic and everyday scenarios.

## The Basic Course Structure

The basic course of mental arithmetic is typically divided into multiple levels, each focusing on different mathematical concepts. Let's take a look at the structure:

### Level 1 - Addition and Subtraction

This level introduces techniques for performing rapid mental addition and subtraction. You will learn methods such as number-line addition, left-to-right

addition, and subtracting by complement.

## **Level 2 - Multiplication and Division**

In this level, you will delve into mental multiplication and division techniques. You will learn the ancient method of abacus-based multiplication and division, which helps improve your overall mathematical thinking and reasoning abilities.

## **Level 3 - Advanced Concepts**

Level 3 focuses on advanced concepts, including mental square roots, percentages, fractions, and calculations involving multiple operations. This level consolidates your foundation in mental arithmetic, empowering you to tackle even the most complex mathematical problems.

## **How to Get Started**

If you are fascinated by the idea of enhancing your mathematical abilities and developing a quick-thinking mind, enrolling in a basic course of mental arithmetic is your first step. Look for reputable institutes or online platforms that offer comprehensive courses with experienced instructors.

Before joining a course, ensure that the curriculum covers all the essential techniques and provides ample practice material to reinforce your learning. Additionally, read reviews and testimonials from previous students to gain insight into the effectiveness of the course.

The basic course of mental arithmetic equips individuals with a remarkable set of skills that extend far beyond numerical calculations. By enrolling in such a course, you unlock the potential of your brain and develop remarkable abilities to solve complex mathematical problems effortlessly. So, why wait? Unleash your brain's power today and embark on an exciting journey of mental arithmetic!



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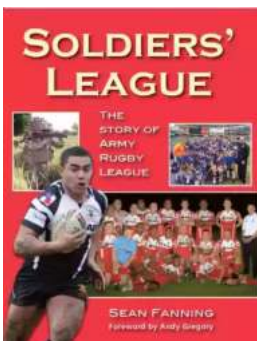
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The author, Yusnier Viera, has several World Records in Mental Calculation and has appeared in prestigious TV channels like CNN & ABC. He starred in the Discovery Channel show "Super Human Lab" in 2012. Viera is willing to teach all his secrets to calculate mentally.



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