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**Addition by Subtraction**

**By Maria Gracia**

**Addition by Subtraction by Maria Gracia**

There are so many things to do. And so little time.

I'm sure you often find something that piques your interest and you say to yourself: I'll have to add that to my schedule.

Hmmmmmm. If you think about that statement for a moment, you'll realize that you really can't ADD anything to your schedule, without first SUBTRACTING something else from it.

What are the items that you will choose to subtract, so that you can add the things you REALLY want to do?

It should be those things that are not doing anything to help you fulfill your goals and dreams.

It's all a matter of basic mathematics. You can't add to a 24 hour day. You must use the Addition by Subtraction method.

Next time you hear yourself saying, I'll have to add that to my schedule, first fill in this simple statement.

I will SUBTRACT \_\_\_\_\_ from my schedule,  
so I could ADD \_\_\_\_\_ to my schedule.

This will help you find that needed time for the things you love to do.

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by Maria Gracia – Get Organized Now!  
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Maria Gracia, owner of [www.getorganizednow.com](http://www.getorganizednow.com) and author of the book, 'Finally Organized, Finally Free' can help you organize your home, your office and your life. Visit her Web site at:  
<http://www.getorganizednow.com>

## **How To Subtract In Your Head**

**By Murdo Macleod**

We all have to subtract numbers sometimes... whether it's budgeting your household expenses, checking your change at the store, or installing that new shelving unit during a spot of home DIY.

The problem is, you won't always have a calculator handy.

Well fear not.

Doing simple calculations in your head is just as easy and even faster than using a calculator.

Here's a quick way to do basic subtraction without relying on any electronic gadget...

Suppose you offer 50 cents for something costing 18 cents. What's the easiest way to check your change?

$$50 - 18 = ?$$

To take 18 from 50, we note that 18 is close to 20, so we take 20 away from 50 (to get 30) and add 2 back on.

Answer: 32

Similarly, in  $73 - 49$  we decide to take 50 away from 73 and then add 1 back on. We get 24.

## Addition by Subtraction

Do you see how easy this is? Try these for yourself:  $62 - 36 = ?$   $84 - 48 = ?$   $71 - 27 = ?$   $43 - 16 = ?$   
 $55 - 28 = ?$

The above sums are simple. Yet most people would do them the hard way: by working from right-to-left, and trying to remember a "carry digit".

The method you've just learned is based on an ancient formula (or 'sutra') called "By Addition and Subtraction".

It's simple to learn, and after a few practice runs you'll use it instinctively.

A few tips to help you:

Always relax when you're doing mental math (or when performing any mental activity for that matter).

Never strain your mind – the natural way is best.

And remember, you're only ever competing with yourself. Go at the pace that's most comfortable for

**YOU!**

Like most things in life, there's an easy way and an unlimited number of difficult ways.

Be good to yourself and get used to finding the easy way,

Your whole life will run smoother as a result.

Murdo Macleod is co-author of the "Fun With Figures" mental math course, which shows anyone from age 8 and up how to perform lightning-fast mental calculations.

How To Subtract In Your Head

Human Powered Vehicles – Bike Trikke Skateboard

How To Balance Working At Home And Raising Your Kids

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