

The Secrets of Mental Math  
Michael Shermer

Wonderful antidote to approaching senescence. You aren't old if you can do cubes in your head.

Practical advice stretching from the simple (adding and subtracting two and three digit numbers) to the arcane (cubing two-digit numbers).

The key is practice. I notice, as do lots of guys in their mid 70s, that I am starting to lose a step here and there. Fight it! Following Shermer's practice problems is a good start. Using Excel to generate your own is even better.

You may be able to impress other people. Perhaps your own children. But most of all, you'll keep yourself in the game of life.