

NextEp MBB

Shaping your Next Episode

**Two sessions to practice mental
math & on-paper calculations**

INTRODUCTION

This document is an **independent sample** of our workbook ***Crack the Math***.

It includes **two sessions** that do not overlap with the full version, so you can experience the method while practicing new exercises.

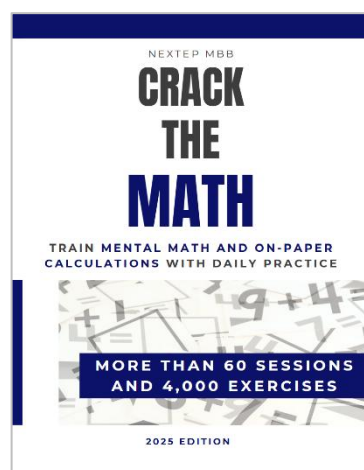
Each session combines mental math drills and on-paper calculation problems, designed to strengthen both speed and accuracy — two skills consulting firms test in every interview.

The full book goes much further. With **60+ sessions** and thousands of exercises, it provides a structured training program to help you:

- Build consistency through daily practice.
- Improve accuracy first, then develop speed.
- Sharpen your quantitative reasoning under time pressure.
- Gain the confidence to handle numbers naturally in case interviews.

Use these two sessions as a starting point. If you find them helpful, **continue with the complete program in *Crack the Math***.

Scan the QR code or search it on Amazon to get the full book:



Buy on **AMAZON**

SESSION 1

Mental Math

Date:

Time:

Errors:

Benchmark

Average: 5:30 - 7 min

Top: 2,5 - 3,5 min

	A	f(x)	B	Result	Check
1	15	+	25		
2	38	-	23		
3	3	×	2		
4	8	÷	2		
5	2	+	29		
6	48	-	47		
7	10	×	7		
8	9	÷	1		
9	24	+	8		
10	28	-	23		
11	1	×	10		
12	30	÷	10		
13	3	+	58		
14	33	-	22		
15	5	×	10		
16	30	÷	5		
17	38	+	57		
18	53	-	9		
19	2	×	4		
20	15	÷	3		
21	6	+	48		
22	56	-	12		
23	4	×	10		
24	60	÷	12		
25	53	+	53		
26	48	-	4		
27	12	×	6		
28	28	÷	4		

	A	f(x)	B	Result	Check
29	44	+	24		
30	44	-	21		
31	12	×	6		
32	108	÷	12		
33	11	+	53		
34	30	-	6		
35	5	×	6		
36	6	÷	1		
37	55	+	12		
38	46	-	6		
39	4	×	7		
40	10	÷	10		
41	35	+	50		
42	88	-	44		
43	5	×	9		
44	12	÷	4		
45	48	+	24		
46	88	-	47		
47	6	×	3		
48	30	÷	6		
49	31	+	57		
50	56	-	42		
51	2	×	1		
52	81	÷	9		
53	34	+	44		
54	43	-	20		
55	8	×	1		
56	35	÷	5		

On paper

	A	f(x)	B	Result	Check
1	451	+	805		
2	1161	-	603		
3	32	×	42		
4	486	÷	27		

	A	f(x)	B	Result	Check
5	163	+	249		
6	1166	-	324		
7	47	×	29		
8	682	÷	31		

SESSION 2

Mental Math

Date:

Time:

Errors:

Benchmark

Average: 5:30 - 7 min

Top: 2,5 - 3,5 min

	A	f(x)	B	Result	Check
1	44	+	16		
2	68	-	27		
3	3	×	7		
4	30	÷	10		
5	1	+	37		
6	42	-	20		
7	6	×	2		
8	48	÷	8		
9	20	+	8		
10	52	-	32		
11	2	×	9		
12	99	÷	11		
13	36	+	54		
14	44	-	38		
15	5	×	10		
16	24	÷	6		
17	38	+	60		
18	79	-	50		
19	10	×	11		
20	36	÷	4		
21	25	+	18		
22	58	-	45		
23	10	×	2		
24	4	÷	2		
25	59	+	57		
26	62	-	42		
27	7	×	7		
28	15	÷	3		

	A	f(x)	B	Result	Check
29	7	+	10		
30	27	-	4		
31	12	×	5		
32	72	÷	8		
33	28	+	57		
34	28	-	23		
35	6	×	11		
36	18	÷	6		
37	5	+	55		
38	45	-	22		
39	9	×	10		
40	27	÷	9		
41	14	+	12		
42	10	-	4		
43	5	×	5		
44	24	÷	12		
45	50	+	28		
46	25	-	13		
47	2	×	1		
48	45	÷	5		
49	28	+	2		
50	36	-	11		
51	8	×	9		
52	12	÷	12		
53	12	+	15		
54	78	-	28		
55	9	×	11		
56	2	÷	2		

On paper

	A	f(x)	B	Result	Check
1	281	+	466		
2	514	-	224		
3	31	×	31		
4	660	÷	22		

	A	f(x)	B	Result	Check
5	832	+	785		
6	507	-	283		
7	46	×	22		
8	576	÷	24		

SESSION 1

	Result
1	40
2	15
3	6
4	4
5	31
6	1
7	70
8	9
9	32
10	5
11	10
12	3
13	61
14	11
15	50
16	6
17	95
18	44
19	8
20	5
21	54
22	44
23	40
24	5
25	106
26	44
27	72
28	7

	Result
29	68
30	23
31	72
32	9
33	64
34	24
35	30
36	6
37	67
38	40
39	28
40	1
41	85
42	44
43	45
44	3
45	72
46	41
47	18
48	5
49	88
50	14
51	2
52	9
53	78
54	23
55	8
56	7

On paper

	Result
1	1256
2	558
3	1344
4	18

	Result
5	412
6	842
7	1363
8	22

SESSION 2

	Result
1	60
2	41
3	21
4	3
5	38
6	22
7	12
8	6
9	28
10	20
11	18
12	9
13	90
14	6
15	50
16	4
17	98
18	29
19	110
20	9
21	43
22	13
23	20
24	2
25	116
26	20
27	49
28	5

	Result
29	17
30	23
31	60
32	9
33	85
34	5
35	66
36	3
37	60
38	23
39	90
40	3
41	26
42	6
43	25
44	2
45	78
46	12
47	2
48	9
49	30
50	25
51	72
52	1
53	27
54	50
55	99
56	1

On paper

	Result
1	747
2	290
3	961
4	30

	Result
5	1617
6	224
7	1012
8	24

ADDITIONAL RESOURCES

CRACK THE TEST WORKBOOK

Crack the Test is the most practical tool for preparing for GMAT-type tests that many consultants use before moving on to interviews.

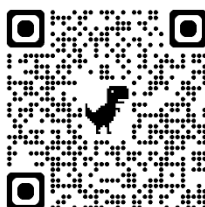
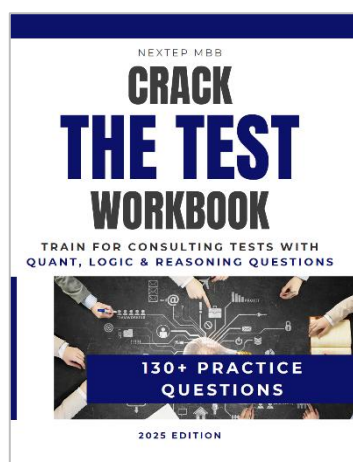
The vast majority of firms use numerical, logical, or critical reasoning evaluations to filter candidates in the early stages. Although they are not always given the importance they deserve, passing these tests is essential to moving forward in the process.

This book helps you practice exactly what you need: multiple-choice problems, very similar to the real ones, with clear explanations and tips to gain speed and accuracy.

It is designed to help you train efficiently, understand the most common mistakes, and arrive prepared for the test day.

What will you find inside?

- 12 business case questions that will test your decision-making with limited information.
- 30 integrated reasoning exercises with graphs, tables, and verbal-quant questions.
- More than 90 GMAT-style quantitative problems, covering arithmetic, percentages, ratios, and data sufficiency.



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CRACK THE FRAMEWORKS

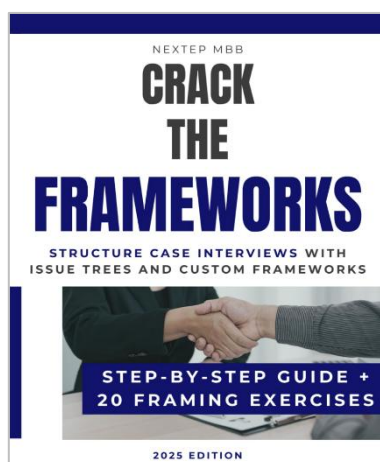
Crack the Frameworks is the most practical guide to help you master the most critical step of the case interview: the beginning.

The first minutes of a case are when interviewers decide whether you can think clearly, generate a solid hypothesis, and build a structured plan to solve the problem. That moment is called framing — and most candidates get it wrong.

This book teaches you how to structure your thinking from scratch using issue trees and custom frameworks. Whether you're just starting or already practicing live cases, this workbook helps you improve clarity, logic, and confidence when opening any case.

What will you find inside?

- A step-by-step guide to build issue trees and structure your analysis.
- Visual breakdowns of consulting frameworks: Profitability, Market, Pricing, Investment.
- Practical explanations of when and how to use each approach.
- 20 exercises to practice the case opening and sharpen your framing.
- Sample solutions to help you reflect and improve your logic.



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CRACK THE CASE INTERVIEW

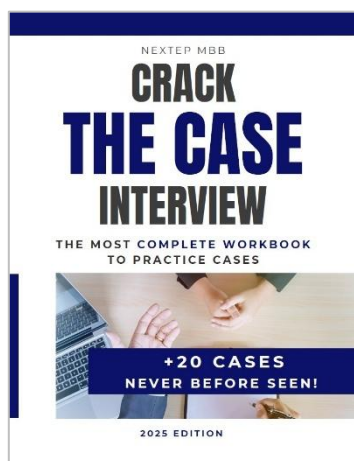
Crack the Case is the best workbook for preparing and practicing complete interview cases for consulting.

Case interviews are demanding, and the only way to master them is by practicing. That's why we've created this workbook with 20 original cases that will allow you to train in depth, both on your own and with other candidates.

Each case is designed to help you better structure your ideas, gain fluency in framing, and advance safely in the analyses. Whether you're just starting or want to fine-tune the last details before your interviews, here you'll find exercises that realistically simulate what you'll encounter in the process.

What will you find inside?

- 20 original and complete cases, ready to practice.
- A clear and realistic statement in each case.
- Guide to practicing alone or with other candidates.
- Graphics and exhibits like the ones you will see in real interviews.
- Notes and insights after each step to improve.
- An ideal complete solution at the end of each case.



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CRACK THE FIT INTERVIEW

Crack the Fit is the ultimate guide to help you confidently prepare for and overcome personal consulting interview questions.

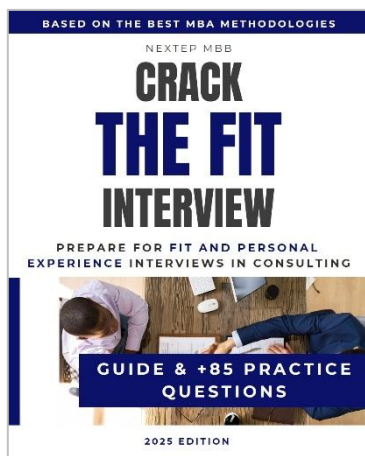
Fit interviews aren't just about "breaking the ice": they're a central part of the process. This is where interviewers value your ability to communicate, your experience, and your alignment with the role of a consultant.

This book provides a structured approach, high-level examples, and practical tips for crafting your answers without sounding rehearsed. It is designed to allow you to work on your personal story from scratch or refine the answers you already have.

Whether you're faced with questions about your journey, your motivations, or your accomplishments, this book will help you answer with confidence, authenticity, and focus.

What will you find inside?

- A transparent methodology for preparing personal interviews.
- Examples of robust responses, with the level expected by firms.
- Templates and outlines to structure your stories with impact.
- Frequently asked questions and how to address them without sounding generic.
- Tips to practice, gain naturalness, and avoid common mistakes.



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