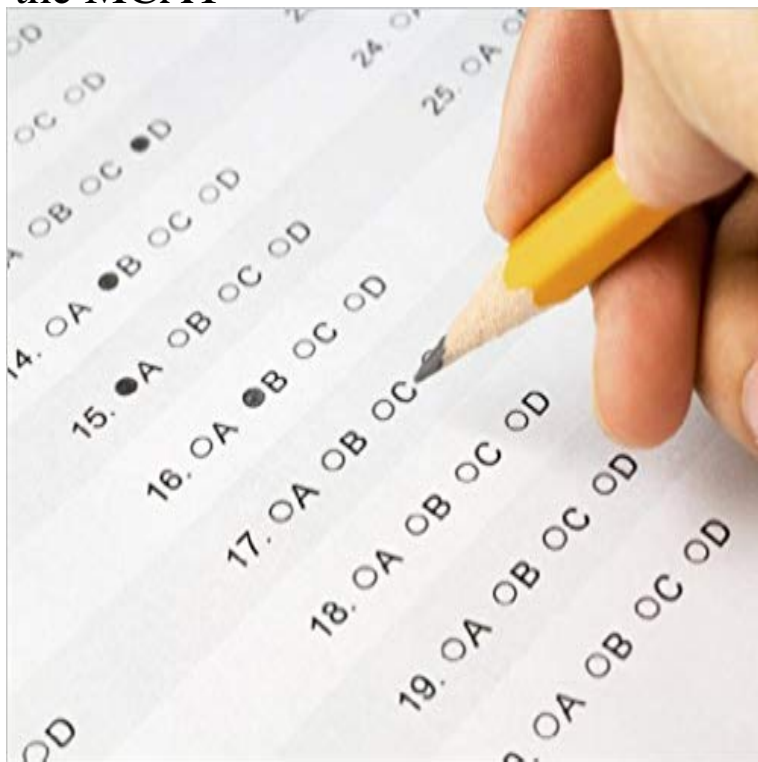


Get the Score You Deserve: How to Avoid Stress and Over-thinking on the MCAT



You've prepared well for the MCAT and are expecting a good score. But we've all had tests that we were prepared for go badly. Maybe stress got the better of you and you couldn't think clearly. Or maybe you kept re-checking your work or re-reading problems too much, causing you not to have enough time to finish the exam. Don't let stress or overthinking impair your performance on the MCAT. This short, simple, and to the point book will give you easy techniques that can help you perform your best on test day. Inside you'll learn A simple writing exercise that can literally remove stress about the MCAT from your brain How to train your attention span so that your mind won't drift on test day A supplement you can take that will help you relax before the MCAT and boost your performance And more

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