

# R - The open source alternative

Commercial software can be prohibitively expensive. Therefore, we strongly encourage you to try the open source statistical programming language R which runs on both Windows and Mac. You can use R like MATLAB, or you can try a myriad of preprogrammed packages for R that perform many of the same statistical procedures that are found in commercial statistical packages. There is a learning curve for R, but once you successfully master the R language you will never have to rely on obtaining an expensive commercial software license.

There are volumes of helpful R resources but here are several to get you started:

- [The R website](#)
- [A Quick and \(Very\) Dirty Intro to Doing Your Statistics in R](#)
- [R for MATLAB users](#)

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