Plus and Minus Signs

1 2 3 4 5 6 7 8 9 = 100

Here is the only way to insert a total of seven plus and minus signs between the digits on the left-hand side to make the equation correct:

1 + 2 + 3 − 4 + 5 + 6 + 78 + 9 = 100

Can you do it with only three plus or minus signs?