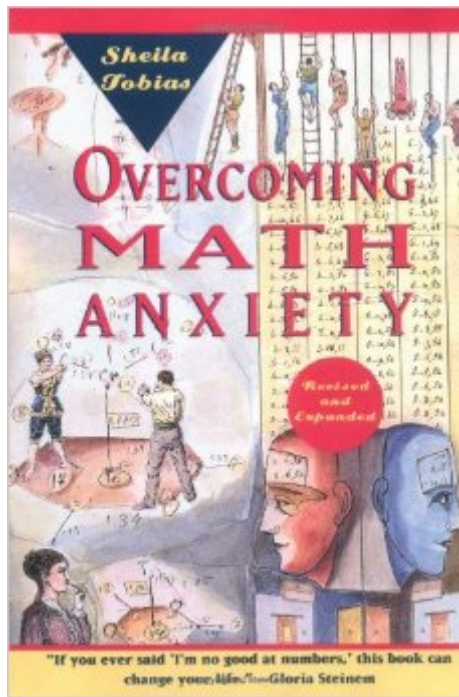


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# Overcoming Math Anxiety



## Synopsis

Sheila Tobias said it first: mathematics avoidance is not a failure of intellect, but a failure of nerve. When this book was first published in 1978, Tobias's political and psychological analysis brought hope and made "math anxiety" a household expression. The new edition retains the author's pungent analysis of what makes math "hard" for otherwise successful people and how women, more than men, become victims of a gendered view of math. It has been substantially updated to incorporate new research on what we know and don't know about "sex differences" in brain organization and function, and it has been enlarged to include problems, puzzles, and strategies tried out in hundreds of math anxiety workshops Tobias and her colleagues have sponsored. What remains unchanged is the author's politics. She sees "math anxiety" as a political issue. So long as people themselves to be disabled in mathematics and do not rise up and confront the social and pedagogical origins of their disabilities, they will be denied "math mental health." Tobias defines this as "the willingness to learn the math you need when you need it." In an ever more technical society, having that willingness can make the difference between high and low self-esteem, failure and success.

## Book Information

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## Customer Reviews

An excellent book! I credit this book, when used along with a college course about math anxiety, with removing my lifelong (40 yrs) math block. Now I know that I'm just as smart as anyone else who can do math -- there are just different ways to look at it! And now that I no longer view math as

"hard", I can actually do it -- and I am amazed to say that I actually enjoy it! By the way, although the book may sound specifically aimed at females, I am a male and found it very relevant and helpful.

This is a great book to read if you are a math teacher, have kids, or ever had trouble with math. It explains math anxiety and what causes it. It is very interesting and really makes you think. Most people do not like math from something in their past and it makes you think of where you went wrong with math. If you are a teacher or parent, it really helps you see how one can have trouble with math and how to help them without bogging you down with equations or worksheets. Definitely a book that will make you think!

This book is truly a wonderful piece of work and is invaluable for teachers and students of mathematics. I recently joined the faculty in a business college of a large state university where all faculty have advising responsibilities. I meet students all the time who tell me they just can't get through the math requirement. I have started assigning this book to my advisees. Those who actually sit down and read it all - and I mean all - report being able to breeze through math once they've digested the book. If the proof is in the pudding, this book delivers gallons of it. Can't recommend it highly enough.

I was thoroughly pleased with this purchase. What I like the most is the research that went into explaining why you would have a phobia about math.

I read the original edition (1978) and could not put it down. I look forward to getting the latest edition, and I have recommended it to my students.

Overcoming Math Anxiety is an excellent book for anyone interested in mathematics, teaching, or psychology. This book explains the causes of the mathematical anxiety and how it may be overcome. Tobias's examples are very helpful and may be the push someone needs in achieving success in a math class. Although this book has great information on the topic of anxiety as it relates to math, it is not a cure for those suffering from severe math anxiety. If you have some anxiety toward math and want to know the possible cause, have an interest in mathematics, or are interested in possible psychological causes, I highly recommend this book. Dillon, OSU Comp Student 2010

Excellent book. I loved reading it! My arithmetic problems started in the third grade. Reading it comforted me! Now I tackle math head on without anxiety eating me alive often! Thanks for the comfort it brought! Glad to know I am not the only one who suffers from math anxiety! It's a difficult problem!

This book made me understand my students more. But most of all, Tobias give a chance to look back one's past, how she liked math and how she feared it at the same time. Every advice she gives is based on the real counselling. That was a wonderful help to my Korea student. Math Anxiety is universal, like math. Thanks Ms. Tobias.

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