



# Mind Over Math: Put Yourself on the Road to Success by Freeing Yourself from Math Anxiety

*Stanley Kogelman, Joseph Warren*

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## **Mind Over Math: Put Yourself on the Road to Success by Freeing Yourself from Math Anxiety**

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"Mind Over Math" evolved from a workshop program developed by the authors for business and professional people, as well as students. Using a friendly, informal style, they debunk "math myths," explore the roots of math anxiety, and demonstrate that doing math is not really so different from any other skill. Reinforcement is provided in a section of math practice.

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