



Fear Of Math: How to Get Over It and Get on With Your Life!

By Claudia Zaslavsky

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Claudia Zaslavsky has helped thousands of men and women understand why math made them miserable. Let her introduce you to real people who, like you, fled from anything to do with math. All of them--White, African American, Asian American, Latino, artist, homemaker, manager, teacher, teenager, or grandparent--came to see that their math troubles were not their fault. Social stereotypes, poor schools, and well-meaning parents had convinced them that they couldn't, or shouldn't, do math.

Claudia Zaslavsky shows you how the school math you dreaded is a far cry from the math you really need in life (and probably know better than you ever suspected)! She gives a host of reassuring methods, drawn from many cultures, for tackling real-world math problems. She explodes the myth that women and minorities are not good at math. With Claudia Zaslavsky's help, you can see why math matters and how to get over the math barrier that has been holding you back from your goals in life.

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Editorial Review

From Library Journal

Zaslavsky, author of *Africa Counts: Number and Pattern in African Culture* (1979) and other books and articles on math teaching and phobia, believes that the stereotype of (white) male superiority in mathematics has been used sometimes unthinkingly and sometimes deliberately to disqualify women and minorities from good educational opportunities and jobs. Much of her book is based on excerpts from "math autobiographies" in which people describe their good and bad experiences as math students. These stories illustrate how the fear of math is imposed by the attitudes of teachers and society and how overcoming fear can open up new opportunities. Zaslavsky describes some nonthreatening methods of math instruction, and she also includes a list of resources for parents and students. Her work, however, is not so much a self-help book as a discussion about the social effects of math ability stereotypes and inadequate education. If readers see themselves as victims of math discrimination rather than as bad students, they may be encouraged to give math another try. For general collections.

Amy Brunvand, Fort Lewis Coll. Lib., Durango, Col.

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From [Booklist](#)

By exploring the cause for many people's phobia about the study and use of mathematics, then suggesting methods for reducing this anxiety, Zaslavsky will put many readers in control of their academic and daily conflicts with mathematics. Zaslavsky blames bad teachers (and takes little time to explore what makes them bad) in her "math autobiographies" created from her wide-reaching interviews. Zaslavsky examines inequities within school systems and society regarding math and minorities, then offers positive teaching strategies that can be used with young children, elementary and high-school students, and adults. She suggests fun aspects of math that should be taught and offers a number of success stories. *Denise Perry Donavin*

Review

"Claudia Zaslavsky- one of the finest and most sensitive math teachers I know- is exactly the person to guide you..." -- *educational reformer Herbert Kohl, author of "36 Children"*

"Should be required reading for every elementary school teacher or pre-service teacher." -- *The Science Teacher*

Users Review

From reader reviews:

Linda Haag:

This Fear Of Math: How to Get Over It and Get on With Your Life! book is not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book is usually information inside this book incredible fresh, you will get info which is getting deeper anyone read a lot of information you will get. This specific Fear Of Math: How to Get Over It and Get on With Your Life! without we understand teach the one who studying it become critical in thinking and analyzing. Don't possibly be worry Fear Of Math: How to Get Over It and Get on With Your Life! can bring if you are and not make your case space or bookshelves'

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Michael Bennett:

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Charles Shin:

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Chester Brown:

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