



Arithmetic and Algebra Again: Leaving Math Anxiety Behind Forever

Britta Immergut, Jean Burr Smith

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The bestselling guide updated and expanded for today's mathphobes

Written by two pioneers of the concept of math anxiety and how to overcome it, *Arithmetic and Algebra Again* has helped tens of thousands of people conquer their irrational fear of math.

This revised and expanded second edition of the perennial bestseller:

- Features the latest techniques for breaking through common anxieties about numbers
- Takes a real-world approach that lets mathphobes learn the math they need as they need it
- Covers all key math areas--from whole numbers and fractions to basic algebra
- Features a section on practical math for banking, mortgages, interest, and statistics and probability
- Includes a new section on the graphing calculator, a chapter on the metric system, a section on word problems, and all updated exercises

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