

Arithmetic and Algebra Again

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**LEAVING MATH ANXIETY
BEHIND FOREVER**



- ✓ UPDATED TO INCLUDE WORD PROBLEMS AND METRICS
- ✓ COMPLETE SECTION ON PRACTICAL MATH—BANKING, MORTGAGES, INTEREST ON LOANS, STATISTICS AND PROBABILITY
- ✓ NEW TECHNIQUES FOR OVERCOMING MATH FEARS

BRITTA IMMERGUT, ED.D. AND JEAN BURR SMITH

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著者:Immergut, Brita/ Smith, Jean Burr

出版者:McGraw-Hill

出版时间:2005-2

装帧:Pap

isbn:9780071435338

This is 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. It features the latest techniques for breaking through common anxieties about numbers. "Arithmetic and Algebra Again" also takes a real-world approach that lets mathphobes learn the math they need as they need it.

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