

Yes, you can...

Master math and science!

Succeed with Math: Every Student's Guide to Conquering Math Anxiety

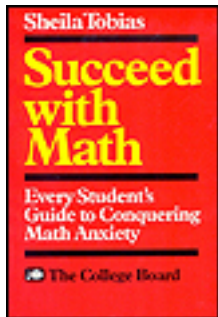
By Sheila Tobias, author of the best-selling *Overcoming Math Anxiety*

Succeed with Math is the ground-breaking practical guide that enables you to conquer math anxiety and gives you the tools to master mathematics whenever, wherever you need to learn more math than you know.

Succeed with Math will help you to:

- Find your way to Math Mental Health
- Discover and use the learning style that suits you best
- Learn techniques to solve a wide variety of problems
- Develop the skills to use math effectively in your studies and your career

Sheila Tobias established the innovative Math Anxiety Clinic at Wesleyan University which has been widely copied elsewhere. In this book, she offers a broad range of methods for getting comfortable with math.



What they're saying...

Of Sheila Tobias' earlier book, *Overcoming Math Anxiety*, Gloria Steinem said, "If you ever said, 'I'm not good at numbers,' this book can change your life."

Breaking the Science Barrier: How to Explore and Understand the Sciences

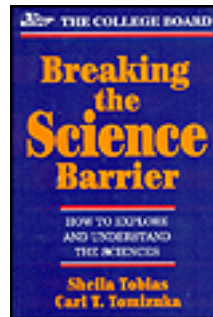
By Sheila Tobias and Carl T. Tomizuka

Understanding science isn't just for science majors.

Successful people in fields as diverse as law, architecture, book design, fashion and hotel management, rely on a basic understanding of science to do their jobs skillfully and efficiently.

Breaking the Science Barrier will help you understand:

- The vocabularies of science
- Who should study science
- Why there isn't just one science of nature
- Problem solving in chemistry and physics
- Approaching biology
- How mathematics is used in science



Who this book is for...

It's not for learners only! *Breaking the Science Barrier* has ideas and approaches galore for high school, community college, and first-year college science teachers.

It's easy to order! Here's how:

Buy both books at our deeply discounted prices! All books autographed! Order now, and you'll pay only:

- \$5.00 per copy including postage
- More than 10 copies - \$3.00 per copy including postage

Name: _____

Address: _____

City/State/Zip: _____

Amount Enclosed: _____

Please send check or money order (U.S. funds only) to:

Sheila Tobias
P.O. Box 43758
Tucson, Arizona 85733-3758