

Mind over Math. Stanley Kogelman and Joseph Warren. 239 pp. Dial Press, 1978. \$8.95.

A spritely synopsis of the authors' workshop to cure "math anxiety," this book follows in five chapters the progress of the five-session workshop, from the causes of math anxiety to various techniques to overcome this oftentimes crippling mental handicap. Workshop discussion ("I was quite good at math until the eighth grade; then I became aware of boys") forms an authentic if somewhat trite counterpoint to homely advice ("The easiest place to start is with the first thought that comes to mind").

A supplemental sixth chapter actually offers some basic consumer math (percentages, metric measurement) for those whose anxiety has been lowered sufficiently by the therapy of the first five chapters. Since the professionally crippling "mathophobia" is a common complication of the recently identified (and now quite fashionable) math anxiety, this small book concerning the cure is a valuable contribution to public mental health.—*Lynn Arthur Steen, Mathematics, St. Olaf College*