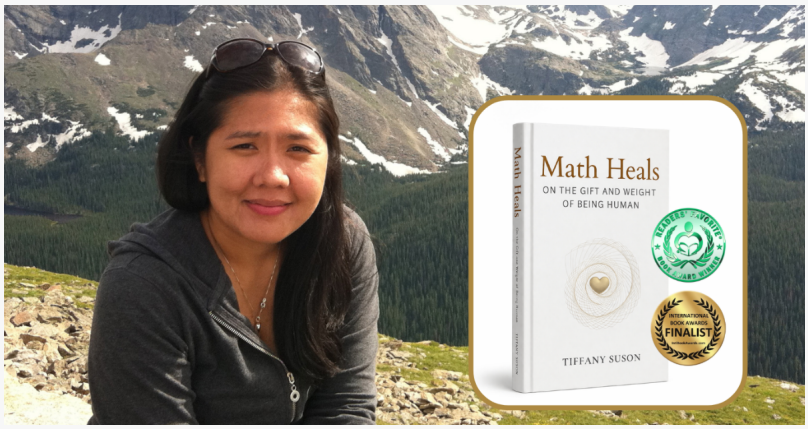
Tiffany Suson’s Math Heals Receives 2026 Readers’ Favorite Honor in Religion and Philosophy

The honor follows International Book Awards recognition as Suson continues connecting with readers at book festivals across Texas.



Author Tiffany Suson with Math Heals: On the Gift and Weight of Being Human and its 2026 book award recognitions.

TYLER, TX, UNITED STATES, September 10, 2026 /EINPresswire.com/ -- Math Heals: On the Gift and Weight of Being Human by author and physical therapist Tiffany Suson has received a 2026 Honorable Mention in the Non-Fiction: Religion/Philosophy category from Readers’ Favorite, adding another national recognition for the book during its first year of publication.

The recognition follows Math Heals being named a Finalist in the 2026 International Book Awards in the Nonfiction: Cross-Genre category in June.

> If math can describe the universe and send rockets into space, why can’t we use math to make sense of our conflicts and relationships? What if there are equations in our lives, too?”
>
> *Tiffany Suson*

Published in March 2026, Math Heals explores the human experience through an unconventional framework inspired by mathematics. Suson uses concepts such as variables, equations, relationships, and patterns as a language for contemplating identity, relationships, choices, conflict, emotional well-being, personal growth, and meaning.

“I have always wondered: if we use math in our daily lives, in simple tasks, to describe the universe, and even to send rockets into space, then why can’t we use the language of math to figure out our own lives?” said Suson. “Why can’t we use it to understand our relationships, conflicts, choices, recurring patterns, pain, and even the way we see ourselves? That question is really why I wrote Math Heals. If mathematics can

help us make sense of so much outside of us, I wondered what might happen if we turned that same language inward."

Since its March release, Math Heals has reached No. 1 New Release status on Amazon in philosophy categories including Epistemology, Humanism, and Metaphysics.

The book was also displayed at the 2026 American Library Association Annual Conference in Chicago through the Independent Book Publishers Association (IBPA), introducing Math Heals to librarians and publishing professionals.

At the center of Math Heals is a question: Can the relationships found in mathematics offer another way of thinking about the relationships that shape human life?

Suson considers individuals as variables existing within larger equations involving relationships, families, circumstances, and experiences, and explores how changing one element can alter the relationship among all the others. The book extends this perspective to questions about identity, free will, interconnectedness, suffering, love, and meaning.

Rather than proposing a mathematical formula for life, Suson describes Math Heals as an invitation to question, contemplate, and wonder.

Critical and Reader Response

Midwest Book Review described Math Heals as "original, extraordinary, groundbreaking, iconoclastic, thoughtful and thought-provoking," and recommended it for personal, professional, community, and college/university library philosophy collections.

Amazon reviews have similarly praised the book for its accessible and thought-provoking writing and its use of mathematical concepts to understand life experiences.

"One of my favorite parts of all of this has been meeting readers," Suson said. "I love the conversations we end up having. Sometimes I'll share just one small idea from Math Heals, and I can see that 'aha' on someone's face when suddenly they're looking at something in their own life a little differently. I find those moments incredibly inspiring because the conversation becomes bigger than the book."

Following recent author and literary events across East Texas, Suson continues these conversations with readers this fall. Dallas-Fort Worth area readers can meet Suson and have copies of Math Heals signed at the Trinity River Book Festival in Fort Worth on September 12, 2026, followed by a book signing at the Tex-Indie Author Book Fair in Houston on October 17, 2026.

About Tiffany Suson

Tiffany Suson is a Filipino author, physical therapist, and homeschooling mother based in Tyler, Texas. Her interdisciplinary perspective brings together mathematics, philosophy, education, relationships, emotional well-being, and questions about the human experience.

She is the author of Math Heals: On the Gift and Weight of Being Human, which invites readers to examine familiar questions about relationships, choices, identity, conflict, and meaning from unexpected perspectives.

Math Heals is available in paperback, hardcover, and ebook editions through major booksellers.

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