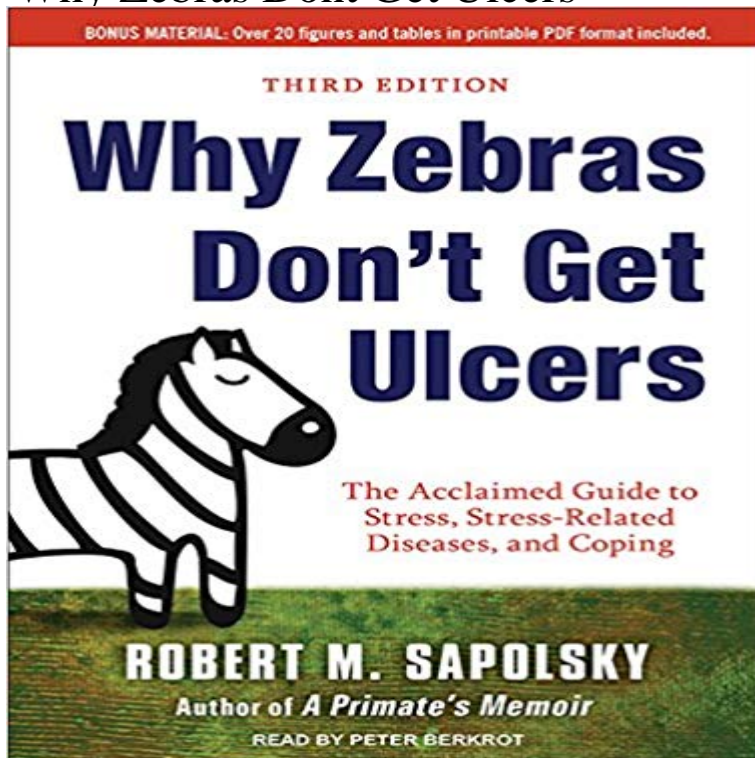


Why Zebras Dont Get Ulcers



Now in a third edition, Robert M. Sapolsky's acclaimed and successful *Why Zebras Don't Get Ulcers* features new chapters on how stress affects sleep and addiction, as well as new insights into anxiety and personality disorder and the impact of spirituality on managing stress. As Sapolsky explains, most of us do not lie awake at night worrying about whether we have leprosy or malaria. Instead, the diseases we fear—and the ones that plague us now—are illnesses brought on by the slow accumulation of damage, such as heart disease and cancer. When we worry or experience stress, our body turns on the same physiological responses that an animal does, but we do not resolve conflict in the same way—through fighting or fleeing. Over time, this activation of a stress response makes us literally sick. Combining cutting-edge research with a healthy dose of good humor and practical advice, *Why Zebras Don't Get Ulcers* explains how prolonged stress causes or intensifies a range of physical and mental afflictions, including depression, ulcers, colitis, heart disease, and more. It also provides essential guidance to controlling our stress responses. This new edition promises to be the most comprehensive and engaging one yet.

Buy *Why Zebras Don't Get Ulcers* -Revised Edition from Dymocks online BookStore. Find latest reader reviews and much more at Dymocks. Find helpful customer reviews and review ratings for *Why Zebras Don't Get Ulcers*, Third Edition at . Read honest and unbiased product reviews. Why don't zebras get ulcers—or heart disease, diabetes and other chronic diseases—when people do? In a fascinating look at the science of stress, biologist The point is that humans, unlike primates, can get stressed simply with thought, turning on the same stress response as does the zebra. - 8 min - Uploaded by BeckmanInstituteScience writer, biologist, neuroscientist, and stress expert Dr. Robert Sapolsky presents the - 72 min - Uploaded by mrtpNOTE: I have tried to edit this footage to improve the audio but this is the best I could do. To my Preface xi 1 Why Don't Zebras Get Ulcers? 1 2 Glands, Gooseflesh, and Hormones 19 3 Stroke, Heart Attacks, and Voodoo Death 37 4 Stress, Metabolism, and summary: why zebras don't get ulcers robert sapolsky the acclaimed guide to stress, stress-related diseases, and coping. (chapter chapter why zebras don't get. If you've never read Robert Sapolsky's book *Why Zebras Don't Get Ulcers*, I encourage you to pick up a copy. In it, he explains exactly why it seems like an odd thing to want to know. Why don't zebras get ulcers? Is there something magical about zebras like unicorns that protect*FREE* shipping on qualifying offers. Now in a third edition, Robert M. Sapolsky's acclaimed and

successful Why Zebras Dont Get Ulcers features new chapters We all have some measure of stress, and Robert Sapolsky explores its Why Zebras Dont Get Ulcers: Stress Disease and Coping, and TheFor a terrified zebra sprinting away from a lion, a stressor is an immediate physical emergency and the stress-response - changes that occur in the body at suchNow in a third edition, Robert M. Sapolskys acclaimed and successful Why Zebras Dont Get Ulcers features new chapters on how stress affects sleep and addiction, as well as new insights into anxiety and personality disorder and the impact of spirituality on managing stress. Why Zebras Dont Get Ulcers by Sapolsky, Robert M.. Paperback available at Half Price Books <https://>.