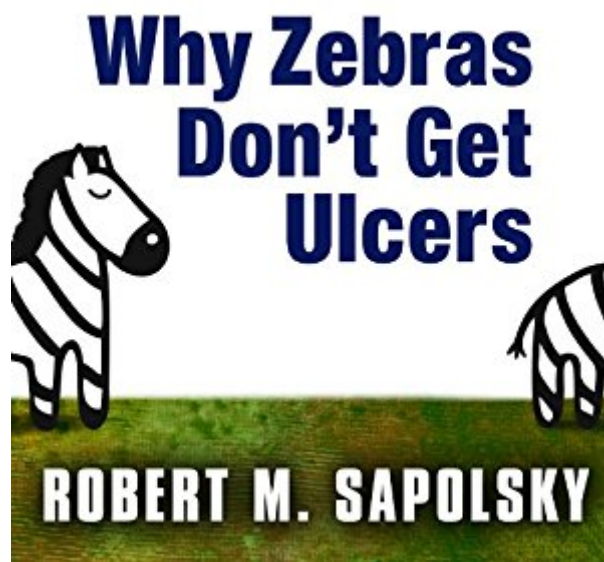




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# Why Zebras Don't Get Ulcers: The Acclaimed Guide To Stress, Stress-Related Diseases, And Coping - Now Revised And Updated



## Synopsis

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's 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.

## Book Information

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## Customer Reviews

This book is the best "textbook" I have ever read. I genuinely enjoyed my assigned reading for my psychology of stress class because this book is the best!

Sapolsky is so funny, so engaging, and incredibly empathic to the human experience. I found most chapters relevant to my work with emotionally impaired middle school students. I only got lost a

handful of times, meaning not so much as to be daunting but enough to make me respect the author's specialty. I highly recommend this book to anyone working with trauma survivors.

One of the best science writers alive has also conducted innovative research in the field and laboratory. It is a rare individual who is both a top research scientist and a witty, engaging essayist. Sapolsky articulates complex biological issues and controversies in a down-to-earth and conversational style that makes it seem as if he is talking with you across the dinner table.

This is a very detailed book about stress, the brain and immunity, written in a lively manner. If you don't have a background in the biological sciences, it could be slow going. It is fascinating material and worth the effort of re-reading passages sometimes, or for the audio version, listening over again. The author makes sense of why some people get sick from stress, what chronic stress is, how the immune system works and much more. It is an entire semester packed into one book and much more enjoyable and affordable.

This is where I really get "geeky" or over the top excited! This is a classic "by" that I mean this is a text book that is easy to read, filled with information regarding the brain, autonomic system, fight, flight responses, stress, and it all is easy to read, understand and fits nicely with psychopathology courses I have taught over the years to graduate students. Further, this is one of the only books I've read where the footnotes have note, and these notes are so interesting that I need to make an effort to read the book first, re-read the foot notes and notes, and then took notes to use for teaching. Clearly it's not Dr. Sapolsky's first day on the job! Further, while this is an older version, the enclosed material is still applicable today. Excellent book and highly recommended!

This book ties so many relevant health facts together into material you can apply to your life. Read the book and understand why you should not eat angry.

A fun and interesting way to help people learn about how stress effects us. I am going to be using a lot of these examples in class!

This is an incredibly engaging and informative book. In just over 400 pages, Sapolsky covers all aspects of stress, from what exactly stress is at the chemical level, to how stress effects sleep, the immune system, and sex, to practical ways of coping with stress. This book contains a significant

amount of technical discussion. For example, the author goes into detail about the release of stress hormones such as cortisol and norepinephrine. That being said the writing is still clear and easy to follow, even if you do not have a background in medicine or physiology. In addition to considering the physiological aspects of stress, the author also talks considerably about the psychological aspects of stress. He writes for example about studies of attachment style, and what kinds of childhood environments lead to stress later in life. Surprisingly, another treat about this book is the footnotes. The author shares humorous and informative anecdotes here such as why JFK had a bad back, the inner working of toilet bowls, and why hormones have their names. I've tremendously enjoyed reading this book, and also Sapolsky's other book 'A Primate's Memoir'. He makes science fun to read, and is world-class in his field. Granted the book is long, and the fact that the topic is stress all the way through did make it go slowly in some places. Nevertheless, if you have an interest in science, are not thrown off by technical discussions, and are looking for an eye-opening read then I'd recommend you give this book a go.

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