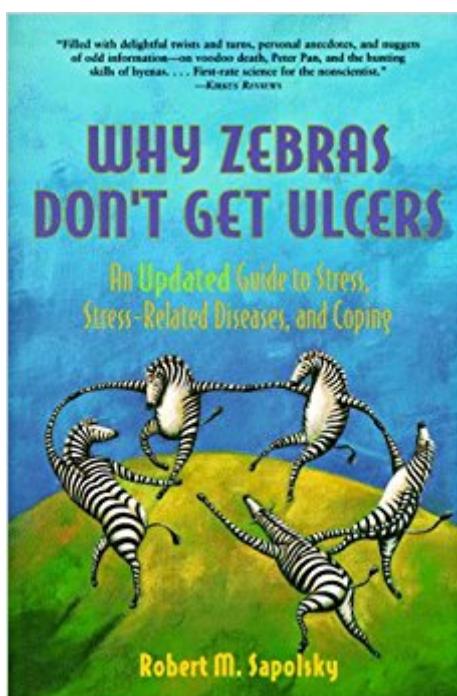


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# Why Zebras Don't Get Ulcers: An Updated Guide To Stress, Stress Related Diseases, And Coping (2nd Edition)



## **Synopsis**

Combining cutting edge research with a healthy dose of humor and practical advice, Sapolsky explains how prolonged stress causes or intensifies mental afflictions.

## **Book Information**

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## **Customer 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 Robert Sapolsky presents an intriguing case, that people develop such diseases partly because our bodies aren't designed for the constant stresses of a modern-day life--like sitting in daily traffic jams or growing up in poverty. Rather, they seem more built for the kind of short-term stress faced by a zebra--like outrunning a lion. With wit, graceful writing, and a sprinkling of Far Side cartoons, Why Zebras Don't Get Ulcers makes understanding the science of stress an adventure in discovery. "This book is a primer about stress, stress-related disease, and the mechanisms of coping with stress. How is it that our bodies can adapt to some stressful emergencies, while other ones make us sick? Why are some of us especially vulnerable to stress-related diseases, and what does that have to do with our personalities?" Sapolsky, a Stanford University neuroscientist, explores stress's role in heart disease, diabetes, growth retardation, memory loss, and autoimmune diseases such as multiple sclerosis. He cites tantalizing studies of hyenas, baboons, and rodents, as well as of people of different cultures, to vividly make his points. And Sapolsky concludes with a hopeful chapter, titled "Managing Stress." Although he doesn't subscribe to the school of thought that hope cures all disease, Sapolsky highlights the studies that suggest we do have some control over stress-related

ailments, based on how we perceive the stress and the kinds of social support we have.

"Sapolsky is one of the best science writers of our time.â --Oliver Sacks

Dr. Sapolsky manages to present a vast amount of information in a way that is very approachable and easy to comprehend. I found that reading this book helped me a lot in my physiology and pathophysiology courses. It is a book that I will read again and again and it is just fascinating how he presents the role of stress in many of the chronic illnesses that plague our modern society. I highly recommend this book for everybody as it will change their perspective on stress and our biology. Dr. Sapolsky is an amazing writer and I cannot wait to read his other works.

A very informative and fun read about how stress affects our bodies (human and various non-humans). Sapolsky injects considerable humor into his observations / conclusions and the science behind them. I suspect anyone living with chronic stress (as well as their significant others) would benefit from reading this.

Good for all citizens!

Interesting book covers a lot of diverse areas in depth. Doesn't have much to do with zebras

Depressed? Feel unmotivated? Read this and find out why and how to improve and change these feelings. Written with easy to understand and a lot of personal examples.

Great!

just started it. Can't wait to finish.

Amusing and informative reading

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