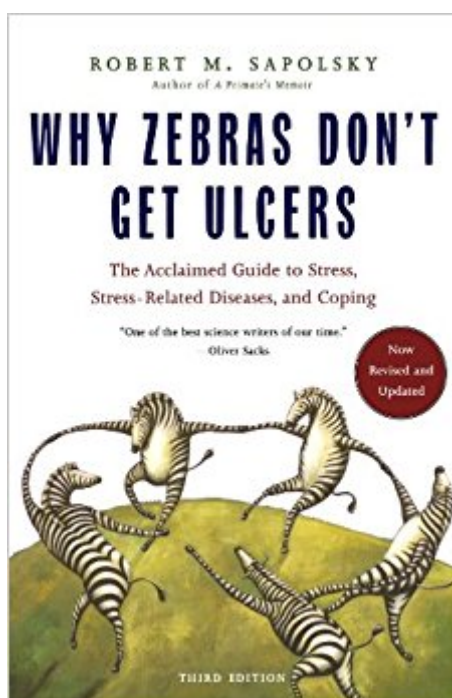


The book was found

Why Zebras Don't Get Ulcers: The Acclaimed Guide To Stress, Stress-Related Diseases, And Coping, 3rd Edition



Synopsis

Renowned primatologist Robert Sapolsky offers a completely revised and updated edition of his most popular work, with nearly 90,000 copies in print. 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

Paperback: 560 pages

Publisher: Holt Paperbacks; 3rd edition (September 15, 2004)

Language: English

ISBN-10: 0805073698

ASIN: B0096EB9UG

Product Dimensions: 6.2 x 1 x 9.2 inches

Shipping Weight: 2.1 pounds

Average Customer Review: Be the first to review this item

Best Sellers Rank: #263,303 in Books (See Top 100 in Books) #10 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Ulcers & Gastritis](#) #855 in [Books > Self-Help > Stress Management](#) #971 in [Books > Deals in Books](#)

Customer Reviews

Preface Why Don't Zebras Get Ulcers? Glands, Gooseflesh, and Hormones Stroke, Heart Attacks, and Voodoo Death Stress, Metabolism, and Liquidating Your Assets Ulcers, the Runs, and Hot Fudge Sundaes Dwarfism and the Importance of Mothers Sex and Reproduction Immunity, Stress,

and Disease Stress and Pain Stress and Memory Stress and a Good Night's Sleep Aging and Death
Why Is Psychological Stress Stressful? Stress and Depression Personality, Temperament, and
Their Stress-Related Consequences Junkies, Adrenaline Junkies, and Pleasure The View from the
Bottom Managing Stress Notes Illustration Credits Index

Robert M. Sapolsky is a professor of biology and neurology at Stanford University and a research associate with the Institute of Primate Research, National Museum of Kenya. He is the author of A Primate's Memoir and The Trouble with Testosterone, which was a Los Angeles Times Book Award finalist. A regular contributor to Discover and The Sciences, and a recipient of a MacArthur Foundation "genius" grant, he lives in San Francisco.

[Download to continue reading...](#)

Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping, 3rd Edition Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping - Now Revised and Updated Why Zebras Don't Get Ulcers: An Updated Guide to Stress, Stress Related Diseases, and Coping (2nd Edition) Why Zebras Don't Get Ulcers : An Updated Guide To Stress, Stress Related Diseases, and Coping ("Scientific American" Library) Why Zebras Don't Get Ulcers: An Updated Guide To Stress, Stress-Related Diseases, and Coping Why Zebras Don't Get Ulcers: A Guide to Stress, Stress-Related Diseases, and Coping Why Zebras Dont Get Ulcers: A Guide to Stress, Stress-Related Diseases, and Coping HEAL YOUR ULCERS: Gastric Ulcers, Stress Ulcer, Ulcer Pain, Ulcers Relief, Food for Ulcers (Including Ulcerative Colitis) Why Zebras Don't Get Ulcers, Third Edition Why Zebras Don't Get Ulcers Ulcers: The Ultimate Cure Guide for How to Get Rid of Mouth Ulcers Instantly (Ulcer Free, Ulcer Diet, Mouth Ulcer Cure, Oral Ulcer) Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger Ulcer Free: A complete guide to ulcers including ulcer symptoms,ulcer causes,ulcer diet,ulcer herbal remedies for treating ulcers. Chronic Venous Insufficiency, Venous Stasis Ulcers, Chronic Foot Ulcers Home Remedies for Ulcers (ulcer, stomach ulcer, peptic ulcer, ulcer symptoms, stomach ulcer symptoms, ulcer treatment, mouth ulcer, mouth ulcers, cold sore, cold sore remedies, cold sores) Private Government: How Employers Rule Our Lives (and Why We Don't Talk about It): How Employers Rule Our Lives (and Why We Don't Talk about It) (The University Center for Human Values Series) Rose Diseases: Kinds of Rose Diseases and Tips How to Reduce Diseases or Fungus The Don't Get Me Started! Toolkit - Workbook and Teacher Answer Key: Strategies for a Culturally-Challenged World (The Don't Get Me Started! Toolkit - Workbook and Teacher Key) (Volume 1) Coping with an Organ Transplant: A Practical Guide (Coping With

Series) The Weight Loss Surgery Coping Companion: A Practical Guide for Coping with Post-Surgery Emotions

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)