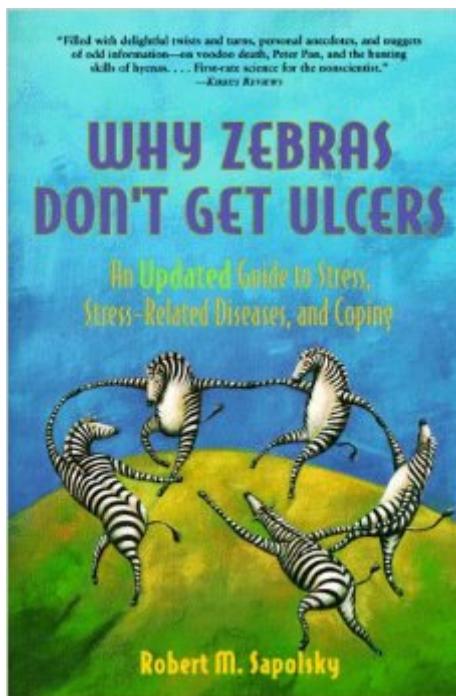


The book was found

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

Perfect Paperback: 434 pages

Publisher: W. H. Freeman; 2nd edition (April 15, 1998)

Language: English

ISBN-10: 0716732106

ISBN-13: 978-0716732105

Product Dimensions: 5.9 x 1.2 x 9.5 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.5 out of 5 starsÂ [See all reviewsÂ \(42 customer reviews\)](#)

Best Sellers Rank: #127,675 in Books (See Top 100 in Books) #8 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Ulcers & Gastritis #207 inÂ Books > Textbooks > Social Sciences > Psychology > Clinical Psychology #510 inÂ Books > Self-Help > Stress Management

Customer Reviews

Having just finished Robert Sapolsky's very funny A Baboon's Memoir, the funniest autobiography by a naturalist I've ever read, I thought I'd look up his other popular books, the other one being The Trouble with Testosterone. Sapolsky is considered the country's foremost authority on stress. I have some background in stress research myself, and once heard the originator of the stress concept and of stress research, the great Hans Selye, speak at a convention many years ago, who Sapolsky mentions in his books. Most of us know we should do a better job of managing stress in our lives, including myself. This is the sort of book I plunge into with a combination of morbid fascination and hypochondriacal paranoia. This is because the book itself was rather stressful to read, since I found out in manifold and gory detail about all the damage I'd been doing to my brain and body with all those high-paying but high-stress jobs I've had all my life. Although I made good money, I found out that I'd probably aged myself about 10 years in the process. However, as I said, the book makes for fascinating if somewhat morbid reading. For those with the adrenal cojones to handle it, this is the best book on the nature of stress and its effects that I've read. It's more a book on the physiology of stress, and so there isn't much on practical coping strategies, so if you're interested in information on that, you'll have to look elsewhere. That having been said, I thought I would mention the best strategy I've ever encountered, of which I'm sure Sapolsky would approve, since it's based on some

sound research in the area, and relates to one of his main points. Sapolsky makes a convincing case that we evolved for a very different stress regimen than our current lives and civilization provides.

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

Why Zebras Don't Get Ulcers: An Updated Guide to Stress, Stress Related Diseases, and Coping (2nd Edition) By Robert M. Sapolsky - Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping - Now Revised and Updated (Third Edition) (8/16/04) 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 Why Zebras Don't Get Ulcers, Third Edition Why Zebras Don't Get Ulcers Ulcer Free: A complete guide to ulcers including ulcer symptoms,ulcer causes,ulcer diet,ulcer herbal remedies for treating 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) Why Can't My Child Behave?: Why Can't She Cope? Why Can't He Learn? The Feingold Diet updated for today's busy families The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It Compassion Fatigue: Coping With Secondary Traumatic Stress Disorder In Those Who Treat The Traumatized (Psychosocial Stress Series) How to Help an Alcoholic: Coping with Alcoholism and Substance Abuse (Help an Alcoholic Spouse, Alcoholic Family Member, Friend or Addict) (Coping with ... Husband, Dependence, Domestic Abuse) Coping With An Addict: How to deal with drug addicts, substance abusers using pot, prescription pills, cocaine or methamphetamines (Coping With Alcoholism and Substance Abuse Book 5) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Coping with Trauma-Related Dissociation: Skills Training for Patients and Therapists (Norton Series on Interpersonal Neurobiology) A Simple Guide to Lice, Treatment and Related Diseases (A Simple Guide to Medical Conditions) A Simple Guide To Emphysema, Diagnosis, Treatment And Related Diseases (A Simple Guide to Medical Conditions) A Simple Guide to Osteoporosis, Treatment and Related Diseases (A Simple Guide to Medical Conditions) A Simple Guide To Myeloproliferative Disorders, Diagnosis, Treatment And Related Diseases (A Simple Guide to Medical Conditions) A Simple Guide to Autoimmune Hepatitis, Treatment and Related Diseases (A Simple Guide to Medical Conditions)

[Dmca](#)