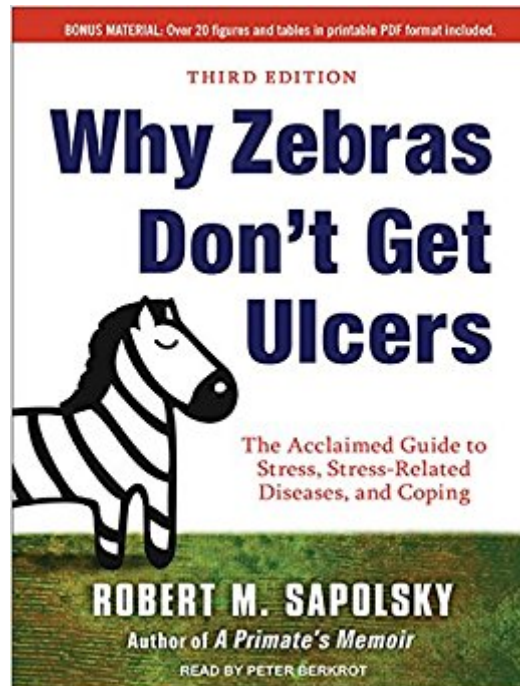




The book was found

Why Zebras Don't Get Ulcers



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

Audio CD

Publisher: Tantor Audio; Unabridged CD edition (December 31, 2012)

Language: English

ISBN-10: 1452611416

ISBN-13: 978-1452611419

Product Dimensions: 6.4 x 1.6 x 5.3 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 293 customer reviews

Best Sellers Rank: #1,903,481 in Books (See Top 100 in Books) #57 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Ulcers & Gastritis](#) #1854 in [Books > Books on CD > Health, Mind & Body > Self Help](#) #1865 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#)

Customer Reviews

"Delightful voice pro Peter Berkrot keeps the action going with his skillful expression of the author's wry humor and nuanced intelligence. This and his sensitive way of interpreting Sapolsky's more surprising or important statements gives this lengthy audio the dramatic edge needed to make it endlessly fascinating." ---AudioFile

Robert M. Sapolsky is the author of books including *A Primate's Memoir* and *The Trouble with Testosterone*, which was a Los Angeles Times Book Award finalist. A veteran of stage and screen, Peter Berkrot's career spans four decades, and his voice can be heard on television, radio, video games, and documentaries. He has been nominated for an Audie Award and has received a number of AudioFile Earphones Awards and starred 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 "textbook" 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 notes, 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.

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

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 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: 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: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping, 3rd Edition 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 Ulcers: The Ultimate Cure Guide for How to Get Rid of Mouth Ulcers Instantly (Ulcer Free, Ulcer Diet, Mouth Ulcer Cure, Oral Ulcer) Chronic Venous Insufficiency, Venous Stasis Ulcers, Chronic Foot 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) 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) 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) Suing Abusive Debt Collectors: Don't Get Mad, Get Even and Get Paid! Don't Trust, Don't Fear, Don't Beg: The Extraordinary Story of the Arctic 30 The Life-Changing Magic of Not Giving a F*ck: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do The Life-Changing Magic of Not Giving a F*ck: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do (A No F*cks Given Guide)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)