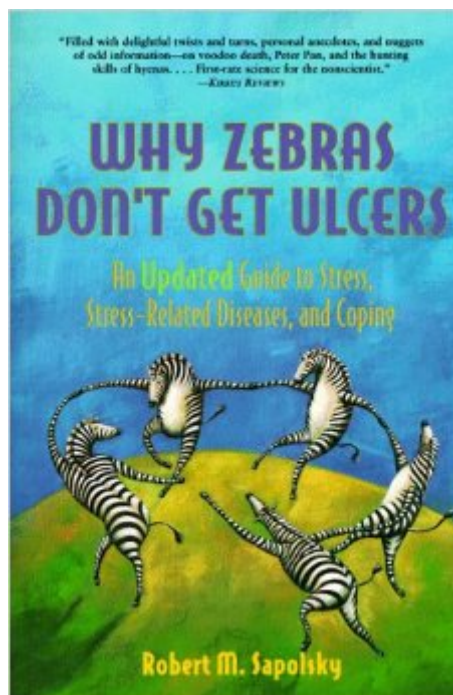


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# Why Zebras Don't Get Ulcers: An Updated Guide To Stress, Stress Related Diseases, And Coping (2nd Edition)



## 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

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.

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