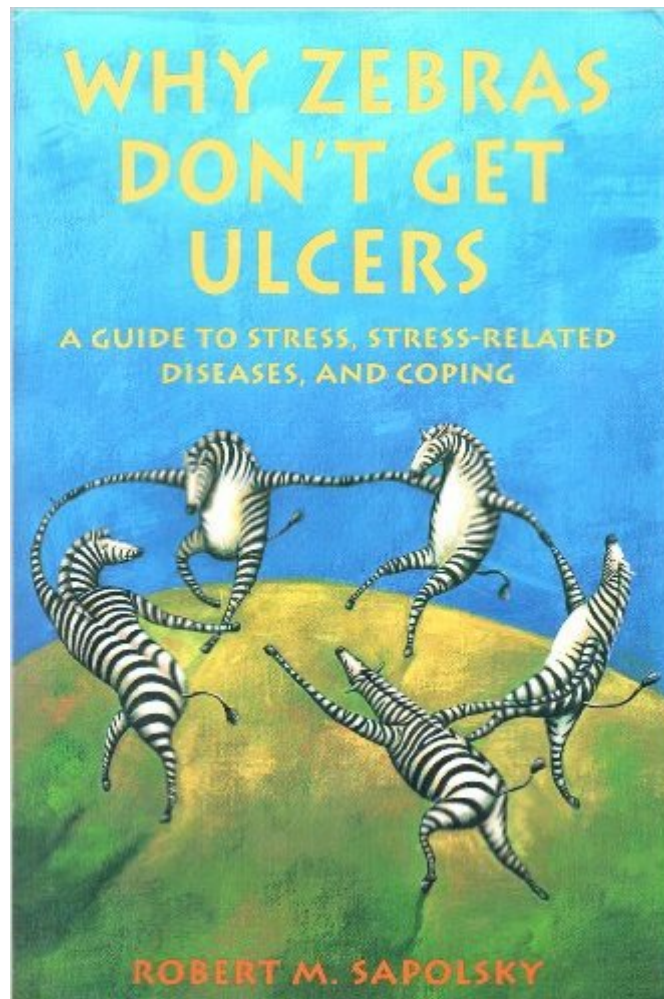


The book was found

Why Zebras Don't Get Ulcers: A Guide To Stress, Stress-Related Diseases, And Coping



Synopsis

When people burdened with stress start to feel bad physically, it is not just in their minds. Emotional crises bring on specific physical changes in the body. If those stress responses are prolonged or set in motion too often, the resulting wear and tear can lead to digestive and sleeping problems, heart disease, cerebrovascular diseases, reproductive disorders and other illnesses. "Why Zebras Don't Get Ulcers" is Robert Sapolsky's look at the interconnections between emotion and physical well-being. Drawing on the latest research, Sapolsky describes the physical toll associated with emotional turmoil. He also discusses some proven effective ways of learning to moderate the body's responses to stress. This book's balance of biology and psychology, and research-supported suggestions for coping, should make it a helpful guidebook for people worried about worrying themselves sick.

Book Information

Hardcover: 368 pages

Publisher: W H Freeman & Co (Sd); First Edition edition (1994)

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Product Dimensions: 1.2 x 6.5 x 9.8 inches

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Average Customer Review: 3.7 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #1,849,061 in Books (See Top 100 in Books) #59 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Ulcers & Gastritis](#) #4016 in [Books > Self-Help > Stress Management](#) #58848 in [Books > Health, Fitness & Dieting > Psychology & Counseling](#)

Customer Reviews

This is an extraordinarily well-written book about stress. The information contained is quite technical, but the author does a superb job of illustrating these technical concepts with everyday things the average person can understand. Garden hoses, toilets, the banking system and, of course, zebras, are all employed at one point or another to explain the physiology of stress. There are not really any practical ideas here for managing stress; the focus is more on how stress affects the various systems of the body. You will, however, have an amazing understanding of all of these intricate mechanisms by the end of the book! Copious end notes flesh out some concepts which are over-simplified in the main text. Some readers will want to be aware that a lengthy paragraph of

erotica is employed at one point as an illustration (it is not superfluous; it is a very effective teaching tool), and that, as is common with modern scientific works, there is a distinctly evolutionary bias.

THE BOOK- GREAT VALUE. EVERYONE SHOULD READ IT.

I ordered a like-new book, but the book is filled with highlights, there's an X mark on the outside edge, and the pages and cover are somewhat worn.

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