

[Free pdf] File size: 43.Mb

Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping - Now Revised and Updated

ROBERT M. SAPOLSKY
Author of *A Primate's Memoir*

WHY ZEBRAS DON'T GET ULCERS

The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping—Now Revised and Updated

"One of the best science writers of our time."
—Oliver Sacks



Par Robert M. Sapolsky

*Download PDF | ePub | DOC | audiobook
| ebooks

Dtails sur le produit Rang parmi les ventes :
#47742 dans eBooksPubli le: 2004-09-15
Sorti le: 2004-09-15Format: Ebook
Kindle

[Free pdf] Why Zebras Don't Get Ulcers:
The Acclaimed Guide to Stress, Stress-
Related Diseases, and Coping - Now
Revised and Updated

Par Robert M. Sapolsky : Why Zebras Don't
Get Ulcers: The Acclaimed Guide to Stress,
Stress-Related Diseases, and Coping - Now
Revised and Updated before purchasing it in
order to gage whether or not it would be worth
my time, and all praised Why Zebras Don't Get
Ulcers: The Acclaimed Guide to Stress, Stress-
Related Diseases, and Coping - Now Revised
and Updated:

 Download

 Read Online

Description : Description du produithow 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.

Présentation de l'auteur
Renowned primatologist Robert Sapolsky offers a completely revised and updated edition of his most popular work, with over 225,000 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.

Présentation de l'auteur
Renowned primatologist Robert Sapolsky offers a completely revised and updated edition of his most popular work, with over 225,000 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.

About the author
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.