



# Why Zebras Don't Get Ulcers

By Robert M. Sapolsky

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## Why Zebras Don't Get Ulcers By Robert M. Sapolsky

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.

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## **Editorial Review**

### **Review**

"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

### **About the Author**

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.

## **Users Review**

### **From reader reviews:**

#### **Gina Hill:**

The book *Why Zebras Don't Get Ulcers* make you feel enjoy for your spare time. You may use to make your capable much more increase. Book can to be your best friend when you getting pressure or having big problem with your subject. If you can make looking at a book *Why Zebras Don't Get Ulcers* being your habit, you can get more advantages, like add your personal capable, increase your knowledge about many or all subjects. You may know everything if you like open and read a book *Why Zebras Don't Get Ulcers*. Kinds of book are a lot of. It means that, science e-book or encyclopedia or some others. So , how do you think about this guide?

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