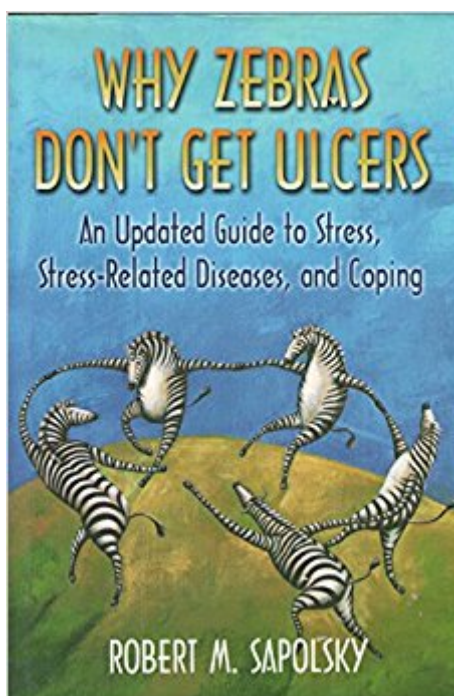


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Why Zebras Don't Get Ulcers: An Updated Guide To Stress, Stress-Related Diseases, And Coping



Synopsis

Writing in a way that is actually fun and interesting to read, Robert Sapolsky, a Stanford University neuroscientist, explains how prolonged stress causes or intensifies numerous physical and emotional afflictions.

Book Information

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Customer Reviews

Writing in a way that is actually fun and interesting to read, Robert Sapolsky, a Stanford University neuroscientist, explains how prolonged stress causes or intensifies numerous physical and emotional afflictions.

Dr. Sapolsky manages to present a vast amount of information in a way that is very approachable and easy to comprehend. I found that reading this book helped me a lot in my physiology and pathophysiology courses. It is a book that I will read again and again and it is just fascinating how he presents the role of stress in many of the chronic illnesses that plague our modern society. I highly recommend this book for everybody as it will change their perspective on stress and our biology. Dr. Sapolsky is an amazing writer and I cannot wait to read his other works.

A very informative and fun read about how stress affects our bodies (human and various non-humans). Sapolsky injects considerable humor into his observations / conclusions and the science behind them. I suspect anyone living with chronic stress (as well as their significant others) would benefit from reading this.

Good for all citizens!

Interesting book covers a lot of diverse areas in depth. Doesn't have much to do with zebras

Depressed? Feel unmotivated? Read this and find out why and how to improve and change these feelings. Written with easy to understand and a lot of personal examples.

Great!

just started it. Can't wait to finish.

Amusing and informative reading

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