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Over time, this activation of a stress response makes us literally sick. Combining cutting-edge research with a healthy dose of good humour and practical advice, Why

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explains how prolonged
stress causes or intensifies
a range of physical and
mental afflictions,
including depression,
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of poverty affect biological stress, leading to increased risk of disease and disability.

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Zebras don't get ulcers
because they (mostly) only

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release stress hormones 'in the event of an actual emergency'. Humans deliberately evoke stress on an everyday basis, and the reckless decisions the b To summarize: Adrenaline is a DEATH drug.

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advice, Why Zebras Don't Get
Ulcers explains how
prolonged stress causes or
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afflictions, including
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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

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Humans Many of Sapolsky's insights regarding the effects of stress first emerged during the years he spent studying primates in the Serengeti in Africa. "Stress is anything in the external world that knocks

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you out of homeostatic
balance, "Sapolsky said.

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sure you don't move too
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This monograph is not a review but it is more of a personal reading notes on the book – ‘ Why Zebras don’t get Ulcers’ by Robert Sapolsky. I had read this book some time ago and I

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would highly recommend it to anyone who wants to understand human behaviour and through it understand oneself.

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Why don't zebras get ulcers--or heart disease, diabetes and other chronic diseases--when people do? In a fascinating look at the science of stress, biologist Robert Sapolsky presents an intriguing case, that people

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develop such diseases partly
because our bodies aren't
designed for the constant
stresses of a modern-day
life--like sitting in daily
traffic jams or growing up
in poverty.

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"If I had to define a major
depression in a single
sentence, I would describe

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"genetic/neurochemical disorder requiring a strong environmental trigger whose characteristic manifestation is an inability to appreciate sunsets." –
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