

Dr. Goldman's Book Reviews

WHY ZEBRAS DON'T GET ULCERS

Third Edition

The Acclaimed Guide to Stress, Stress-Related Diseases,
and Coping

By

Robert M. Sapolsky

Henry Holt and Company 1994, 1998, 2004

Robert M. Sapolsky is a scientist. His specialty is the physiology of the nervous system. He has spent years doing basic research that includes the social interactions and hormone levels of a troupe of Baboons in Africa. Despite the cute title, this is a serious book. He delves deeply into the details of the stress reaction, the hormones generated during stress and their effects in many areas of the body. He covers short term changes and the effects of chronic stress on the heart, thyroid and metabolism, the stomach and bowels, insulin and diabetes, sex and reproduction, immunity, pain, memory and brain function, sleep, aging and death. He ends with a chapter on managing stress. The main body of the book is 419 tightly printed pages.

Sapolsky is thorough, detailed, and scientific and **he is not selling anything**. He has no products for sale on his website. For me, this is important. This book is not an infomercial designed to sell the stuff on the web site. He is my most important source of information on stress physiology.

Robert P. Goldman, MD 1-27-2007