



Why Zebras Don't Get Ulcers - Third Edition ***The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping***

Robert M. Sapolsky
Henry Holt and Company

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.

Sapolsky is thorough, detailed, and scientific — ***also, he is not selling anything***. This book is not an infomercial designed to sell stuff on his website. For me, this is important. Robert Sapolsky is my most important source of information relating to stress physiology.

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