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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 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.

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Zebras don't get ulcers because they (mostly) only 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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“ Why Zebras Don ’ t Get Ulcers ” ... Why Zebras Handle Stress Better Than 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

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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 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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