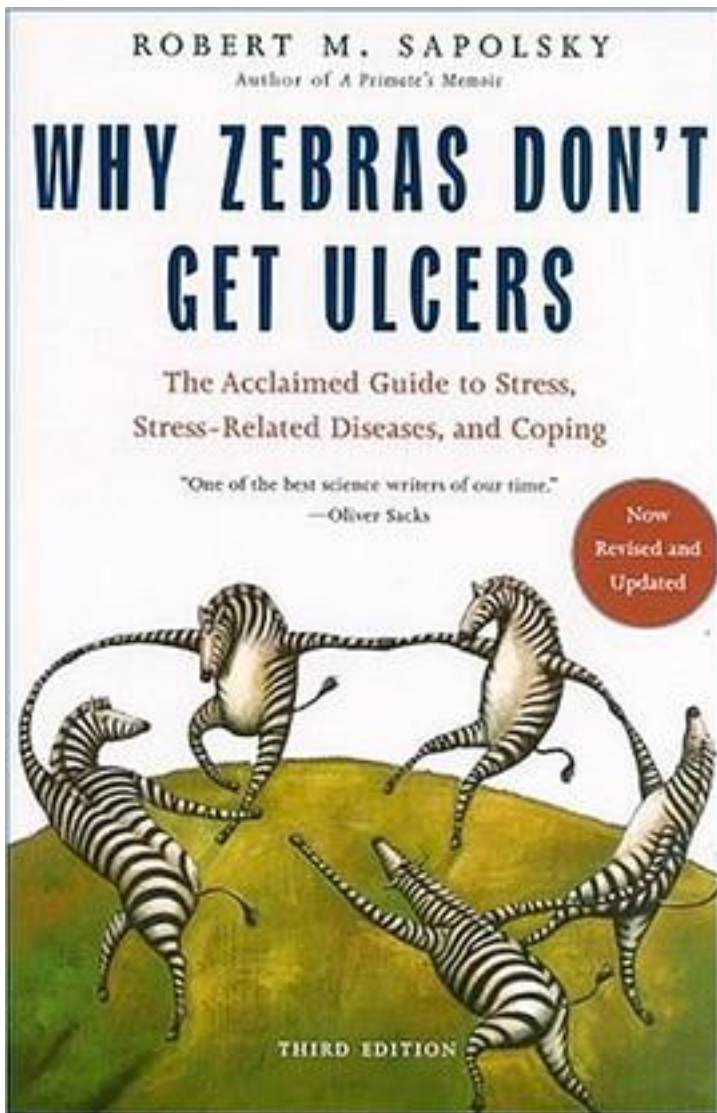


# Why Zebras Don't Get Ulcers



[Why Zebras Don't Get Ulcers\\_ 下载链接1](#)

著者:Robert M. Sapolsky

出版者:Stanford Alumni Assn.

出版时间:1994

装帧:Paperback

isbn:9780916318529

Now in a third edition, Robert M. 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 spirituality on managing stress.

As Sapolsky explains, most of us do not lie awake at night worrying about whether we have leprosy or malaria. Instead, the diseases we fear-and the ones that plague us now-are illnesses brought on by the slow accumulation of damage, such as heart disease and cancer. When we worry or experience stress, our body turns on the same physiological responses that an animal's does, but we do not resolve conflict in the same way-through fighting or fleeing. Over time, this activation of a stress response makes us literally sick.

Combining cutting-edge research with a healthy dose of good humor 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. It also provides essential guidance to controlling our stress responses. This new edition promises to be the most comprehensive and engaging one yet.

作者介绍:

Robert M. Sapolsky is the author of several works of nonfiction, including *A Primate's Memoir*, *The Trouble with Testosterone*, and *Why Zebras Don't Get Ulcers*. He is a professor of biology and neurology at Stanford University and the recipient of a MacArthur Foundation genius grant. He lives in San Francisco.

目录: Preface  
Why Don't Zebras Get Ulcers?  
Glands, Gooseflesh, and Hormones  
Stroke, Heart Attacks, and Voodoo Death  
Stress, Metabolism, and Liquidating Your Assets  
Ulcers, the Runs, and Hot Fudge Sundaes  
Dwarfism and the Importance of Mothers  
Sex and Reproduction  
Immunity, Stress, and Disease  
Stress and Pain  
Stress and Memory  
Stress and a Good Night's Sleep  
Aging and Death  
Why Is Psychological Stress Stressful?  
Stress and Depression  
Personality, Temperament, and Their Stress-Related Consequences  
Junkies, Adrenaline Junkies, and Pleasure  
The View from the Bottom  
Managing Stress  
Notes  
Illustration Credits  
Index  
• • • • • [\(收起\)](#)

[Why Zebras Don't Get Ulcers\\_ 下载链接1\\_](#)

标签

心理学

评论

-----  
[Why Zebras Don't Get Ulcers\\_ 下载链接1\\_](#)

书评

-----  
[Why Zebras Don't Get Ulcers\\_ 下载链接1\\_](#)