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Why you should listen. Sapolsky has produced, in addition to numerous scientific papers, books for broader audiences, including *A Primate's Memoir: A Neuroscientist's Unconventional Life Among the Baboons*, *Why Zebras Don't Get Ulcers: Stress Disease and Coping*, and *The Trouble with Testosterone*.

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Summary - Robert Sapolsky

“Why Zebras Don't Get Ulcers”. “Over the course of days to weeks of sustained stress, we now know that these neuronal processes, these things neurons use to talk to each other, are beginning to atrophy and

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retract in the hippocampus. But it's reversible at this point, so if you stop the stress you'll be okay.

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level, you can think of depression as



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occurring when your cortex thinks an abstract thought and manages to convince the rest of the brain that this is as real as a physical stressor. □ □ Robert M. Sapolsky, Why Zebras Don't Get Ulcers

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A guide to stress, stress related diseases,  
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Why Zebras Don't Get Ulcers, Third Edition: Robert ...

Why Zebras Don't Get Ulcers. Therefore, many wild animals are less susceptible than humans to chronic stress-related disorders such as ulcers, hypertension, decreased neurogenesis and increased hippocampal neuronal atrophy. However,

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chronic stress occurs in some social primates (Sapolsky studies baboons) for individuals on the lower side of the social dominance hierarchy.

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Community Reviews. Zebras don't get  
ulcers because they (mostly) only release

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stress hormones 'in the event of an actual emergency'. Humans deliberately evoke stress on an everyday basis, and the reckless decisions the body makes under the influence of stress hormones, too often, results in the loss of limbs, supression of the immune system, etc.



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M. Sapolsky

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Voodoo Death 37 4 Stress, Metabolism,  
and Liquidating Your Assets 57 5 Ulcers,  
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**WHY ZEBRAS DON'T GET ULCERS**  
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Sustained or repeated stress can disrupt our bodies in seemingly endless ways.

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Click To Tweet. What goes on in your head can affect how well your immune system functions. Click To Tweet. Many of the damaging diseases of slow accumulation can be either caused or made far worse by stress. Click To Tweet

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Why Zebras Don't Get Ulcers Quotes by  
Robert M. Sapolsky

As it turns out, it's more than just zebras that don't get ulcers: most of the animal kingdom doesn't get them. The reason why they don't is a combination of factors; the most critical, to the book's

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point of view, is stress. I started seeing pointers to Sapolsky's work across multiple books.

Why Zebras Don't Get Ulcers: The  
Acclaimed Guide to Stress ...

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Acclaimed Guide to Stress, Stress-Related

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Diseases, and Coping is a very detailed book about stress, the brain and immunity, written in a lively manner. Description of Why Zebras Don't Get Ulcers by Robert M. Sapolsky

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