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abuse and the chronic stress of poverty affect biological stress, leading to increased risk of disease and disability.

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Zebras don't get ulcers because they (mostly) only release stress hormones

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'in the event of an actual emergency'.
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studying primates in the Serengeti in

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Africa. “ Stress is anything in the external world that knocks you out of homeostatic balance, “ Sapolsky said.

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while the slow pain is about making sure you don ' t move too much, so you can heal. Those two types of pain are results of ...

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is more of a personal reading notes on the book – ‘ Why Zebras don ’ t get Ulcers ’ by Robert Sapolsky. I had read this book some time ago and I would highly recommend it to anyone who wants to understand human behaviour and through it understand oneself.

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Why don't zebras get ulcers--or heart
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manifestation is an inability to appreciate sunsets. ” Robert M. Sapolsky, Why Zebras Don't Get Ulcers

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