

## **WHY ZEBRAS DON T GET ULCERS**



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### **Why Zebras Don't Get Ulcers Wikipedia**

Why Zebras Don't Get Ulcers is a 1994 (2nd ed. 1998, 3rd ed. 2004) book by Stanford University biologist Robert M. Sapolsky. The book proclaims itself as a "Guide to Stress, Stress-Related Diseases, and Coping" on the front cover of its third and most recent edition.

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Why Zebras Don t Get Ulcers Dr. Robert Sapolsky is a Professor of Neurology at Stanford University. Dr.Sapolsky Spoke at the Brain Connection to Education Spring Conference 2000.

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### **Why Zebras Don't Get Ulcers Stress and Health by Dr Robert Sapolsky**

Sapolsky states that our bodies' stress response evolved to help us get out of short-term physical emergencies - if a lion is chasing you, you run.

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