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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.

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From Why Zebras Don't Get Ulcers: Regardless of how poorly we are getting along with a family member or how incensed we are about losing a parking spot, we rarely settle that sort of thing with a fistfight. Likewise, it is a rare event when we have to stalk and personally wrestle down our dinner.

"Why Zebras Don't Get Ulcers: Stress and Health" by Dr. Robert Sapolsky

Science writer, biologist, neuroscientist, and stress expert

Dr. Robert Sapolsky presents the inaugural Fenton-Rhodes Lecture on Proactive Wellness.

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WHY DON'T ZEBRAS GET ULCERS? It's two o'clock in the morning and you're lying in bed. You have something immensely important and challenging to that next day a critical meeting, a presentation, an exam. You have to get a decent night's rest, but you're still wide awake. You try different strategies for relaxing take deep, slow breaths, try to imagine restful mountain scenery but instead