



# CONTENTS

Preface xi

- 1 Why Don't Zebras Get Ulcers? 1**
- 2 Glands, Gooseflesh, and Hormones 19**
- 3 Stroke, Heart Attacks, and Voodoo Death 37**
- 4 Stress, Metabolism, and Liquidating Your Assets 57**
- 5 Ulcers, the Runs, and Hot Fudge Sundaes 71**
- 6 Dwarfism and the Importance of Mothers 92**
- 7 Sex and Reproduction 120**
- 8 Immunity, Stress, and Disease 144**
- 9 Stress and Pain 186**
- 10 Stress and Memory 202**
- 11 Stress and a Good Night's Sleep 226**
- 12 Aging and Death 239**
- 13 Why Is Psychological Stress Stressful? 252**
- 14 Stress and Depression 271**
- 15 Personality, Temperament, and Their Stress-Related Consequences 309**
- 16 Junkies, Adrenaline Junkies, and Pleasure 335**
- 17 The View from the Bottom 353**
- 18 Managing Stress 384**
- Notes 419**
- Illustration Credits 517**
- Index 521**