CONTENTS

Preface xi

H Why Don't Zebras Get Ulcers? I Glands, Gooseflesh, and Hormones 19 II Stroke, Heart Attacks, and Voodoo Death 37 HI Stress, Metabolism, and Liquidating Your Assets 37 [51 Ulcers, the Runs, and Hot Fudge Sundaes 71 Dwarfism and the Importance of Mothers 92 D| Sex and Reproduction 120 HI Immunity, Stress, and Disease 144 • Stress and Pain 186 JU Stress and Memory 202 H Stress and a Good Night's Sleep 226 $_{\rm H}$ Aging and Death ~~239[H Why Is Psychological Stress Stressful? 252 131 Stress and Depression 271 El Personality, Temperament, and Their Stress-Related Consequences 309 Hi Junkies, Adrenaline Junkies, and Pleasure 33S 10 The View from the Bottom 353 MI Managing Stress 384 Notes 419 Illustration Credits 517 Index 521