

# Stress and Your Body

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## **Stress and Your Body** Robert M. Sapolsky

Feeling stressed? You're not alone. Stress is an inherent aspect of life that can have tremendous negative effects on your mental and physical health. This makes coping with stress a critical part of how well we live. Once you understand the inner workings of your stress response system, you'll possess powerful knowledge that will help you understand and better deal with this common aspect of your busy life. Now, from one of the world's foremost researchers on stress and neurobiology, comes a fascinating series of 24 lectures that guide you through the psychological and psychosocial stress that is a central part of everyday life in Western society. You'll learn how the stress-response system is actually a natural survival system-giving, for example, a zebra the best chance to escape from a pursuing lion - that can change from a safety mechanism into a real problem for our physical and mental well-being. You'll see it coming into play against situations it wasn't designed to combat, such as traffic, troublesome thoughts and memories, and concerns over the economy, environment, and international events. And you'll gain valuable insights into how and why stress can affect every part of your body-including your cardiovascular, digestive, and immune systems - and learn about its relationship to important disorders and behaviors, like depression, anxiety, and even addiction.

## **Stress and Your Body Details**

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# **From Reader Review Stress and Your Body for online ebook**

## **Shiloah says**

This course blew me away. The depth and breadth, but still in layman's interest, was incredible. I learned so much and came away with a confident knowledge of this subject. He added much more to what I already knew. Sapolsky is also interesting to listen to and his humor injected a lively note. I truly appreciated that. I'd love to see him do a follow up adding energy medicine into the mix. There's so much more science being made available to add to an intellectual course such as this. Loved it. 5 Stars. Highly recommend. More for adults.

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## **Colin Jarrett says**

Almost 4 stars, but I am not medically inclined enough to appreciate some of the detail but rather found it tiresome. Overall, though, this book dives into many interesting causes and effects of stress and some chapters were fascinating. Recommended for anyone curious about the multifaceted role stress plays in modern society who will not be put off by some medical detail (and it is sometimes obvious when there will be a few minutes of it, so a cleverer listener than I could skip some parts).

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## **Daniel Aguilar says**

I love this man. It's not just that the delivered materials are absolutely amazing but also, and maybe even more importantly, the way Sapolsky presents them. In each lecture (there are 24 of them in this audio/video book) he sets the background with an intriguing question, an anecdote or a joke, and then proceeds to develop the subject including coherent theory (usually providing different points of view or even opposed ones), references to scientific evidence and many humorous comments that transcend the main topic and gets you thinking about its implications in other spheres of life. You will find here lots of biology, physiology, psychology, ethology... but also ethics, sociology and self-help (although of an interestingly twisted kind).

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## **Kimberly says**

This course took me a while to get through, but the information is so interesting and the implications of it so compelling, I really wanted to take my time with it. Sapolsky somehow injected even serious subjects with humor, sensitivity, and a consideration of the layperson who has an interest in physical and mental health. While I didn't buy into some of the viewpoints he addressed, I appreciate that he was objective, gave source information, and was generally balanced in his presentation. While the brain chemistry chapters were over my head, I liked that the information was there, in case I ever decide to return to this subject more deeply.

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## **Dennis Murphy says**

Stress and Your Body by Robert M Sapolsky is a selection put forward by the great courses that simulates an entry, survey level, course on the biology of stress. I was familiar with a couple of its lessons, and was operating under a few falsehoods that the audio-course were able to clear up. This took me a while to get through, but I believe that had more to do with my circumstances (last month of the semester, finals, fall break, etc.) than Sapolsky. The professor is a charming individual who does his best to keep relatively dense material, and the result is through his presentation that it is very accessible to most people. He will provide the science up front, but he will quickly transition to the practical meaningful lessons to be derived from it. The moral of the story is that some stress is good, no stress can cause significant problems, and a lot of stress will force you into an early grave, but that alone wouldn't really do this justice. He gives 24 lectures each centered around a specific topic (though the last two are about stress management) related to stress and our lives, and it is worth checking out.

90/100

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### **Chris Coccaro says**

Sapolsky presents the facts in a classroom setting - May not be the thing for everyone, but damn if his voice isn't calming and comforting.

If you were ever curious about what stress is doing to you, this is the book for you. Sapolsky shows readers how stress can effect your health, impacts your ability to develop cancer, effects your memory. Maybe I am focused on his calming voice in the panic that his discourse can bring. He is sometimes aware of how his knowledge can incite riot in a western society that is so driven and running constantly - a world where stress is celebrated and encouraged.

This is my first Sapolsky read and I'll be sure to check out Zebras and his other works for more of his spin and less of the politically correct classroom knowledge.

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### **Tyler Roberts says**

Incredible lecture. I learned so much about the basics of how the human body functions.

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### **Troy Blackford says**

Much of this is a recap in lecture-form of the material presented in the revised 'Why Zebras Don't Get Ulcers,' but that's okay because this is dense, complex material and if you claim to have memorized it all after reading it once, then I have doubts you are telling the truth. You get the bonus of Dr. Sapolsky's wit coming through even more clearly, plus many new developments and additional pieces of information. A fantastic journey through the links running through endocrinology, psychology, physiology, and beyond.

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## **Jana says**

This audiobook includes a series of lectures on stress and its effects on your body. A large percentage of the material went right over my head, but it was still interesting and informative - what I could catch! :-)

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## **Becky says**

Feeling stressed and depressed? Yeah, well, don't listen to this, it will just make you feel worse. I can sum it up for you in just two words, "stress sucks." There is a lot of science here, much of which I have heard from other sources.

What I was hoping for was not all of the bio-mechanics or neuroscience of stress, but some insight into how to mitigate the effects. There are 24 chapters/lectures here and only one of them offers any advice, more as an afterthought than a serious attempt to help. Of that advice the only thing I remember is that exercise is good for stress relief, but only if it's exercise you like. Forget forcing yourself to go to the gym, if it's not fun it will just make your stress worse. Oh, and that old stand-by, meditation? Nope, won't help you unless you love it.

Now, if only I could get back the hours I wasted listening to this and spend it reading a book I enjoyed or playing Skyrim, that would be a better use of my time and might actually do something to reduce my stress.

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## **Alex says**

This book/course is weirdly good. First, I have complete faith in the author's authority and judgment. And, his presentation is engaging.

I say weirdly good because it was difficult to listen to for twelve hours. The author warns us during the first lecture that it is going to be depressing for the first twenty-two lectures and then he would pull it together. He delivers.

During the first twenty-two lectures he systematically describes the destructive effects of stress on every physical and psychological system of the human body and psyche.

His two wrap-up lectures includes one on responses to stress using the example of the parents of a child with cancer. Difficult to listen to on the heels of the earlier lectures. Then he ends with a lecture discussing the elements of people who handle stress and age well.

Very good. And it is very good. If the listener has already listened to other courses on fitness, mindfulness training, bio/psycho/social medicine, and healthy aging, then this provides a sober but significant piece of the picture.

I recommend this book/course, but not as a first or only exploration into stress or healthiness. But, do make it a part of the journey of educating yourself to be proactive in caring for yourself and setting a good example for your loved ones.

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### **Lloyd Dewolf says**

Stress and Your Body is the 2010 course by Robert Sapolsky Ph.D. with a live clapping audience. Dr Sapolsky is an incredible orator and the material is fascinating, but the course is also very depressing. He promises multiple times that it will get better, but even when he gets to the long promised section, Sapolsky is more honest that many of the managing options have caveats, are "double edged swords" or mostly are not well understood.

I did enjoy that the analysis seems to be holistic incorporating at least some of each scientific field's perspective.

I listened to a few chapters at a time while listening to other books. I hope to revisit again soon with more focus.

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### **Kirsti says**

Sapolsky is a Stanford professor and "genius grant" recipient with an incredibly clear writing and speaking style. I was especially interested in the parts about studies related to the Dutch hunger winter and other studies related to repressive personalities.

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### **Kayson Fakhar says**

One word: brilliant.

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### **Adam says**

Another excellent entry in the Great Courses catalogue. I enjoy Dr. Sapolsky; he has a dry wit that is easy to miss, and his approach is reader-friendly and accessible. This course focuses, not surprisingly, on the physical effects of stress. The first several lectures look at different body systems (cardiopulmonary, immune, endocrine, etc). He examines the effects of stress on mental health, too, with a particular focus on depression. While much of the information is grim, the final lecture offers hope and advice for reducing stress. This is an important course for anyone who lives in the modern world.

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