**Why zebras don’t get ulcers**

This book is all about what causes stress and how we can keep it all under control. It talks through the biological science behind stress, which can be a potential threat in the long run.

The problem is that the stress our brain produces reflects negatively on our body as well. It increases our cortisol levels and makes our cardiovascular system work poorly. It also messes with our insulin production, and generally with our overall health.

It is a step-by-step guide for when this negative state of mind starts to take over. These practical tips will help everything to become more manageable.