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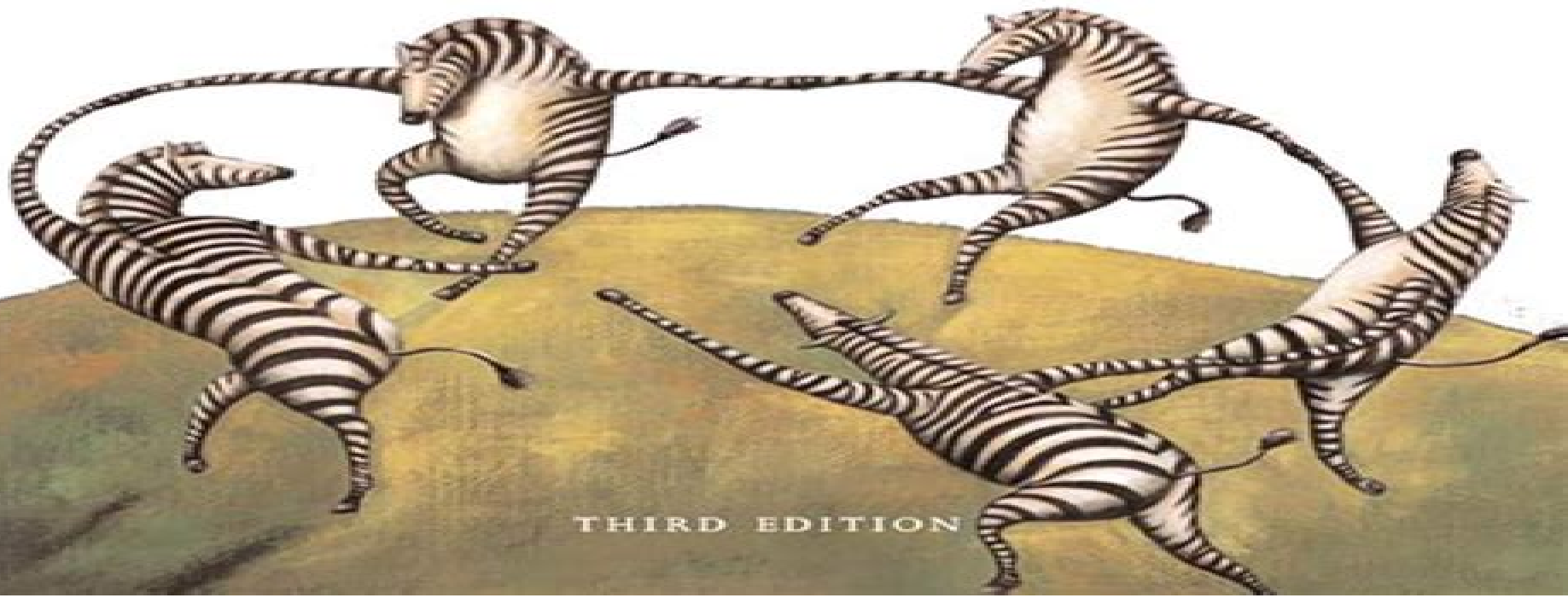
Author of *A Primate's Memoir*

# WHY ZEBRAS DON'T GET ULCERS

The Acclaimed Guide to Stress, Stress-Related  
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THIRD EDITION

# Why Zebras Dont Get Ulcers Third Edition

**David Balog**



## Why Zebras Don't Get Ulcers Third Edition:

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Human Relations Loren Ford,2007 Using group discussion and reader activities this interactive and user friendly workbook teaches readers practical skills for dealing with everyday situations It balances coverage of theoretical concepts and research with interesting personal stories anecdotes and case studies and applies theoretical concepts throughout The author s counseling background and sense of humor in dealing with serious subjects encourages readers to try new behaviors in a safe environment Students are given opportunities for practicing new skills in improving human relations The volume addresses all aspects of human relations including laying the foundation self awareness dealing with emotions family influences developing close relationships and human sexuality as well as coping skills life changes and positive living For individuals interested in improving human relations     **Newsweek** ,2004     *The Bulletin* ,2004-09     *Patterns* ,1998

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