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The Trouble with Testosterone is a collection of essays on the subject of biology by Robert M. Sapolsky a professor at Stanford University. More specifically Sapolsky examines some of the ways in which our biology influences behavior ...

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Low levels of testosterone have been linked to several mental disorders. Of those, anxiety and depression are the most common. Individuals also cite problems remembering details, difficulty concentrating, and a general sense of mental foggy. There are a few possible explanations for why this is the case.

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The Trouble With Testosterone: And Other Essays On The ...

The Trouble with Testosterone Testosterone correlates to aggression. It turns out, unexpectedly, that in the typical correlation-causation investigation, often aggression causes hormonal secretion. This is sociologically difficult to accept – scientists tend to label more reductive elements as causally basal (" physics envy ").

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"The Trouble with Testosterone" explores the influence of that notorious hormone on male aggression. "Curious George's Pharmacy" reexamines recent exciting

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claims that wild primates know how to medicate themselves with forest plants. "Junk Food Monkeys" relates the adventures of a troop of baboons who stumble upon a tourist garbage dump.

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the trouble with testosterone AND OTHER ESSAYS ON THE BIOLOGY OF THE HUMAN PREDICAMENT by Robert M. Sapolsky RELEASE DATE:
April 14, 1997

THE TROUBLE WITH TESTOSTERONE | Kirkus Reviews

Finalist for the Los Angeles Times Book Prize From the man who Oliver Sacks hailed as “ one of the best scientist/writers of our time, ” a collection of sharply observed, uproariously funny essays on the biology of human culture and behavior. In the tradition of Stephen Jay Goul...

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The Trouble With Testosterone Finalist for the Los Angeles Times Book Prize From the man who Oliver Sacks hailed as “ one of the best scientist/writers of our time, ” a collection of sharply observed, uproariously funny essays on the biology of human culture and behavior.

Finalist for the Los Angeles Times Book Prize From the man who Oliver Sacks hailed as “ one of the best scientist/writers of our time, ” a collection of sharply observed, uproariously funny essays on the biology of human culture and behavior. In the tradition of Stephen Jay Gould and Oliver Sacks, Robert Sapolsky offers a sparkling and erudite collection of essays about science, the world, and our relation to both. “ The Trouble with Testosterone ” explores the influence of that notorious hormone on male aggression. “ Curious George ’ s Pharmacy ” reexamines recent exciting claims that wild primates know how to medicate themselves with forest plants. “ Junk Food Monkeys ” relates the adventures of a troop of baboons who stumble upon a tourist garbage dump. And “ Circling the Blanket for God ” examines the neurobiological roots underlying religious belief. Drawing on his career as an evolutionary biologist and neurobiologist, Robert Sapolsky writes about the natural world vividly and insightfully. With candor, humor, and rich observations, these essays marry cutting-edge science with humanity, illuminating the interconnectedness of the world ’ s inhabitants with skill and flair.

A collection of original essays by a leading neurobiologist and primatologist shares the author's insights into behavioral biology, in a volume that focuses on three primary topics, including the physiology of genes, the human body, and the factors that shape human social interaction. By the author of A Primate's Memoir. Reprint. 25,000 first printing.

In the tradition of Jane Goodall and Dian Fossey, Robert Sapolsky, a foremost science writer and recipient of a MacArthur Genius Grant, tells the mesmerizing story of his twenty-one years in remote Kenya with a troop of Savannah baboons. “ I had never planned to become a savanna baboon when I grew up; instead, I had always assumed I would become a mountain gorilla, ” writes Robert Sapolsky in this witty and riveting chronicle of a scientist ’ s coming-of-age in remote Africa. An exhilarating account of Sapolsky ’ s twenty-one-year study of a troop of rambunctious baboons in Kenya, A Primate ’ s Memoir interweaves serious

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scientific observations with wry commentary about the challenges and pleasures of living in the wilds of the Serengeti—for man and beast alike. Over two decades, Sapolsky survives culinary atrocities, gunpoint encounters, and a surreal kidnapping, while witnessing the encroachment of the tourist mentality on the farthest vestiges of unspoiled Africa. As he conducts unprecedented physiological research on wild primates, he becomes evermore enamored of his subjects—unique and compelling characters in their own right—and he returns to them summer after summer, until tragedy finally prevents him. By turns hilarious and poignant, *A Primate's Memoir* is a magnum opus from one of our foremost science writers.

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"I had never planned to become a savanna baboon when I grew up; instead, I had always assumed I would become a mountain gorilla," writes Robert Sapolsky in this witty and riveting chronicle of a scientist's coming-of-age in remote Africa. An exhilarating account of Sapolsky's twenty-one-year study of a troop of rambunctious baboons in Kenya, *"A Primate's Memoir"* interweaves serious scientific observations with wry commentary about the challenges and pleasures of living in the wilds of the Serengeti -- for man and beast alike. Over two decades, Sapolsky survives culinary atrocities, gunpoint encounters, and a surreal kidnapping, while witnessing the encroachment of the tourist mentality on the farthest vestiges of unspoiled Africa. As he conducts unprecedented physiological research on wild primates, he becomes evermore enamored of his subjects -- unique and compelling characters in their own right -- and he returns to them summer after summer, until tragedy finally prevents him. By turns hilarious and poignant, *"A Primate's Memoir"* is a magnum opus from one of our foremost science writers.

Renowned primatologist Robert Sapolsky offers a completely revised and updated edition of his most popular work, with nearly 90,000 copies in print Now in a third edition, Robert M. Sapolsky's acclaimed and successful *Why Zebras Don't Get Ulcers* features new chapters on how stress affects sleep and addiction, as well as new insights into anxiety and personality disorder and the impact of spirituality on managing stress. As Sapolsky explains, most of us do not lie awake at night worrying about whether we have leprosy or malaria. Instead, the diseases we fear-and the ones that plague us now-are illnesses brought on by the slow accumulation of damage, such as heart disease and cancer. When we worry or experience stress, our body turns on the same physiological responses that an animal's does, but we do not resolve conflict in the same way-through fighting or fleeing. Over time, this activation of a stress response makes us literally sick. Combining cutting-edge research with a healthy dose of good humor and practical advice, *Why Zebras Don't Get Ulcers* explains how prolonged stress causes or intensifies a range of physical and mental afflictions, including depression, ulcers, colitis, heart disease, and more. It also provides essential guidance to controlling our stress responses. This new edition promises to be the most comprehensive and engaging one yet.

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Stress start to feel bad physically, it is not just in their minds. Emotional crises bring on specific physical changes in the body. If those stress responses are prolonged or set in motion too often, the resulting wear and tear can lead to digestive and sleeping problems, cardiovascular diseases, sexual reproductive disorders, and other illnesses. *Why Zebras Don't Get Ulcers* is Robert Sapolsky's provocative, often amusing, look at the interconnections between emotion.

Renowned primatologist Robert Sapolsky offers a completely revised and updated edition of his most popular work, with over 225,000 copies in print. Now in a third edition, Robert M. Sapolsky's acclaimed and successful *Why Zebras Don't Get Ulcers* features new chapters on how stress affects sleep and addiction, as well as new insights into anxiety and personality disorder and the impact of spirituality on managing stress. As Sapolsky explains, most of us do not lie awake at night worrying about whether we have leprosy or malaria. Instead, the diseases we fear-and the ones that plague us now-are illnesses brought on by the slow accumulation of damage, such as heart disease and cancer. When we worry or experience stress, our body turns on the same physiological responses that an animal's does, but we do not resolve conflict in the same way-through fighting or fleeing. Over time, this activation of a stress response makes us literally sick. Combining cutting-edge research with a healthy dose of good humor and practical advice, *Why Zebras Don't Get Ulcers* explains how prolonged stress causes or intensifies a range of physical and mental afflictions, including depression, ulcers, colitis, heart disease, and more. It also provides essential guidance to controlling our stress responses. This new edition promises to be the most comprehensive and engaging one yet.

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