

In the face of such madness, it's peculiar that people continue to flock to theme parks. The demand is quite clearly there -- 300 roller coasters were built around the world between 2011 and 2013, and 2014 was [the fifth consecutive year of theme park attendance growth globally](#).

Burt argues that we have a psychological and physiological need for the thrill that roller coasters, and other similar rides, provide.



via [GIPHY](#)

“The world’s changed enormously since the industrial revolution. We’re a lazy consumerist society. I’m including myself in that,” he told HuffPost Australia.

He says that though we live a much more sedentary lifestyle than fifty or a hundred years ago, humans are still hardwired to seek thrill. Some researchers say there could be a neurological need for [the biochemical state that we enjoy when intensely physically excited](#).

“What happens when you climb Everest or come to the peak of some gigantic, hard-earned adventure is you have a peak experience, a psychological term,” Burt told HuffPost Australia.

“You’re in the zone, it’s nirvana. When you get off an extreme thrill ride like a coaster, what’s happening to your body is biologically comparable to Everest.”



via [GIPHY](#)

And while you might think that the moment of peak terror for a rider comes right about when you’re tipping towards the hundred-metre-freefall that pushes your heart into your mouth, Burt says the true moment of absolute fear comes while you’re waiting in line.

“All your stats are off the charts in the queue. When you’re in the queue you’re subjected to the theatrics of the ride. You’ve been thinking about it. You can hear it.”

And while the ride itself is still terrifying, your anxiety does go down as you switch