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Soft Bipolar Suffering: Depression, Anxiety, Vivid Thoughts, and Energy Shitfts

Charles K. Bunch Ph.D.

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They don't believe you when you tell them of transient depression and anxiety. Your days are one of either having energy or not. Thoughts and memories are vivid and hurt. Will you be able to pull of a successful life or be relegated to just life in bed? Its a lot of work to have Soft Bipolar and you need to know there is information and help! Dr. Bunch is the director of Boise Bipolar Center and author of several books on Soft Bipolar Disorder and other mental health topics. He cares and he can write this book because he listened to to the suffering of his patients. There is hope.

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