



# **Soft Bipolar and Soft Cyclothymia: Vivid Thoughts, Energy Shifts, and Depression: Don't Lose Your Life In Silent Suffering**

*Charles K. Bunch Ph.D.*

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Energy shifts, depression, and anxiety are the hallmarks of soft bipolar and soft cyclothymia. You can find out what causes these symptoms and find direction for treatment and self help. Unrecognized and untreated, sufferers experience increasing symptoms over life and have decreased life quality. Get the information you need now. Dr. Bunch is author of several books on Soft Bipolar, including the Soul of Soft Bipolar Workbook and the Soul of Soft Bipolar Supporters Workbook.

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