



Blue Light Management for Soft Bipolar Cyclothymia: Stories of Gaining Control of Your Day with Light and Dark Therapy

Charles K Bunch Ph.D.

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Finally, there is something you can do with bipolar disorder/cyclothymia to reduce the highs and lows. A groundbreaking understanding of the management of your daily contact with blue light to the eyes leads to easy to follow ideas that lowers your hypomanic highs and elevates your winter and sometimes hot summer blues. These concepts are used daily and with all patients being treated at Boise Bipolar Center by Charles Bunch, Ph.D., clinical therapist. Dr. Bunch has 30 years experience treating the bipolar mood disorders. He is also author of the books; Soft Bipolar Suffering, Soul of the Soft Bipolar, and Soul of the Soft Bipolar Supporter. Numerous websites and other resources are listed in this book to help you make change day one.



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