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Facing Fear: Handling Constant Vivid Fear of Soft Bipolar, Agoraphobia, and Generalized Anxiety Disorder

Charles K. Bunch Ph.D.

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If you have depression, vivid fears, bipolar disorder, cyclothymia, panic attacks, agoraphobia, or anxiety, this book is for you! This is a unique resource: the focus is not how to handle symptoms of anxiety but confront fear which it the foundation for anxiety. We all have fear. It is part of the human experience. Dr. Bunch explains the purpose of human fear in concise understandable terms. You will find relief that your experience is vivid fear and that the mind was actually made to handle fear. Dr. Bunch draws on 25 years of clinical practice and knowledge of fear viewed from worldwide cultures. Using metaphors, you can find ways to resolve fear in your mind, and place it on the journey of your life. Facing it, you can find purpose for fear but then leave it. It is a doorway to your whole self. This "every person's Zen approach" will stimulate your own imagination on how you deal with fear. The answers are within you already. Boise Bipolar Center is directed by Charles K. Bunch, Ph.D., and he is the author of other innovative books, including Soft Bipolar Suffering and Blue Light Management for Soft Bipolar Disorder.

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