



# **Birdies, Bogeys, and Bipolar Disorder: The Fight against Mental Illness on and off the Green**

*Michael Wellington*

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**Birdies, Bogeys, and Bipolar Disorder: The Fight against Mental Illness on and off the Green** Michael Wellington

**The gripping true story of one man's struggles through the terrifying highs and crushing lows of bipolar disorder.**

In *Birdies, Bogeys, and Bipolar Disorder*, author and professional golfer Michael Wellington recounts a heartbreaking story of not just hitting, but skidding along rock bottom as he struggles to control a condition that for a long time controlled him: bipolar disorder. With the help of his family, a few amazing friends, and the game of golf, he has regained balance and can now share his story.

The millions of people in the United States who suffer some form of mood disorder will not only find the author's story relatable, educational, and hopeful but can also benefit from Michael's experience to help control their own disorder. Michael offers the Fourteen Clubs, a bag of tools to keep the bipolar mind in balance. Using these clubs daily can help you avoid both mania and depression.

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