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Lush is a memoir by Kerry Cohen and is about her struggle with alcohol. She realises in her mid-forties that she is drinking more than ever before and so are many of her friends. She realises in her mid-forties that she is drinking more than ever before and so are many of her friends.

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LUSH is a gripping memoir that examines Kerry's struggle with alcohol, a struggle that a rising number of middle-aged women are facing today as alcohol dependency amongst females drastically increases.

In Lush: A Memoir, Kerry examines her struggle with alcohol, a struggle that many middle-aged women face today as alcohol dependency among females drastically increases. Beautifully poignant, fiercely funny, and infinitely relatable, Lush follows Kerry as she attempts to rediscover the awe in her life and learns to leave her regrets—and the bottle—behind.

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"Raw, intimate and brave, Lush tears apart the usual advice about drinking and addiction (guess what, AA isn't the only answer), and chronicles Cohen's journey toward a healing that at first she can only image.

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