

From Child Star to Survivor: Milky Harris Shares His Story in Bold New Memoir

A JOURNEY THROUGH TRIUMPH & TRAGEDY



A winding path leads from the bottom left towards a bright light on the horizon, symbolizing a journey. The background is a gradient of dark blue to light blue.

AUTHOR:
MILKY HARRIS

Canvey Island, Essex Aug 14, 2025 ([Issuewire.com](https://www.issuewire.com)) - Milky Harris, once known across the U.K. as the second “Milky Bar Kid,” has stepped into the spotlight again—this time not as a childhood icon but as a voice for the overlooked, the grieving, and the quietly courageous. His newly released memoir, *A Journey Through Triumph and Tragedy*, is a raw, heartfelt tapestry of one man’s life shaped by early fame, deep personal loss, and the unshakable will to keep moving forward.

A Memoir of Moments—Big and Small, Bitter and Beautiful

A Journey Through Triumph and Tragedy isn’t just the story of a boy from Canvey Island who briefly tasted fame; it’s the intimate record of a life lived fully through pain, perseverance, and love. From childhood traumas and family struggles to the loss of his daughter and the slow rebuilding of a fractured father-daughter bond, Harris lays everything bare in prose that’s both humble and deeply evocative.

The book revisits his brief time as the Milky Bar Kid, offering an insider’s view into a moment of cultural history, tinged with joy, disorientation, and homesickness. But the real heart of the memoir lies in Harris’s reflections on family: the grounding force of his mother, the stoic example of his father, and the bittersweet evolution of his relationships with his brother, daughters, and grandson.

For the Lost, the Grieving, and the Fighters Who Keep Going

Milky’s narrative is not sugar-coated. It walks readers through addiction, abandonment, custody battles, and the unimaginable grief of losing a child. And yet, within every chapter is a steady undercurrent of hope. “Life doesn’t come with the promise of fairness,” he writes, “yet it seemed to whisper that there was a reason behind every challenge.”

Whether recounting his younger years playing football in the fields of Essex or navigating adult life with its highs and heartaches, Harris offers readers a candid, compassionate lens into what it means to live honestly—with scars, humor, and a refusal to give up.

About the Author

Born in Rochford in 1956 and raised on Canvey Island, Milky Harris became the second Milky Bar Kid during the golden age of British TV advertising. But it was life after the cameras that truly defined him. A self-taught artist, athlete, traveler, and survivor, Harris has held many roles—some joyful, some heartbreaking—all of which now live within the pages of his book. He currently lives in a rustic log-cabin cottage that reflects his creative spirit, and he regularly speaks to groups, offering inspiration to those in need of a reminder that healing is possible.

Availability & Contact

A Journey Through Triumph and Tragedy is now available in paperback and digital editions through major online retailers. For readers seeking a deeply human story of love, loss, and endurance, this memoir is a testament to the strength found in vulnerability. For purchase, media inquiries, speaking engagements, or to stay connected with Milky Harris, visit the following platforms:

[Amazon](#)

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