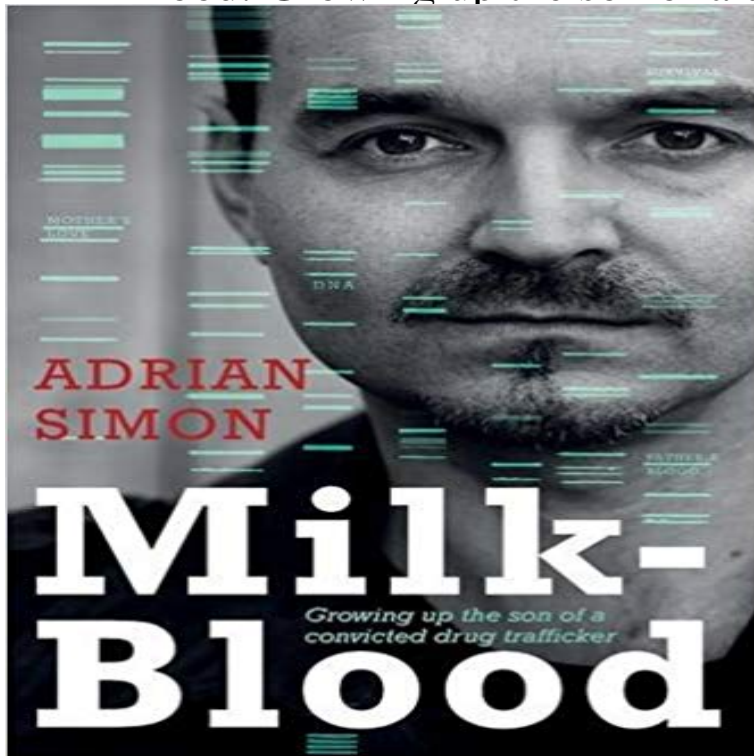


## Milk-Blood: Growing up the son of a convicted drug trafficker



In that moment I knew the meaning of milk-blood. Desperate addicts will decant some of their own blood while the drug is still pumping through their veins to save as insurance to inject later. This opiate-laden blood is called milk-blood. Adrian Simon, 38, is the son of Warren Fellows, the infamous heroin smuggler who was imprisoned in Bangkwang Prison in Bangkok for 12 years and published the bestselling memoir *The Damage Done*. But Adrian wasn't the only one affected by the experience. In his searing autobiography *MilkBlood*, Adrian tells his side of the story; growing up in suburban Australia the son of two unconventional parents, while trying to make sense of his father's terrible decisions and witnessing his mother shunned by society at every turn. It was his decisions that led to me having a nervous breakdown as an innocent child, and like a disease that experience clung to me throughout my life. And just like my arthritic condition, I had a bandaid solution but no cure. In a small way I could never be completely free of the past, he was my damage within that I would never be able to eradicate completely. Refusing to give in to the dark shadow his father casts over his life, Adrian lives life to the full, and always on his own terms, right from the get-go. His inherent drive and thirst for adventure sees him abandoning school in favour of chasing the good times, wherever they may lie. Later, this morphs into a deeper search for meaning and purpose, which sees him travel around the globe in a non-stop whirlwind of run-ins and adventures. But it's here, on the road, where he begins to make sense of his fractured life, righting the wrongs of his past and starting the painstaking task of restoring the damage done to his family chi. People rarely knew my story and how my emotions were like a river, a wild torrent boring through my soul. I grew to understand that we all have our own storm

within, that we share the same path to find happiness and self-expression. Deep down, I knew one day I would tell this story. I just had to wait for more chapters to play out. I never thought of myself as a writer, rather as someone with a big story to tell. This raw and honest work tackles complex issues and themes, such as mental health, addiction, and coming-of-age, but ultimately it is a story of love, hope, courage and the healing power of acceptance.

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