

Local author tackles body positivity and disability in new children's book

This month, local writer Tracey Rimell published [Everybody's Body](#)—a new picture book that aims to support body positivity, inclusion, and digital awareness in young children.

Tracey, who grew up in Carmarthen and is now based in Ceredigion, is known for hosting the Break That Mould podcast and for founding its parent company of the same name.

Break That Mould is a mission-based independent publisher and media brand that makes content to support people's sense of self-acceptance and worthiness. It covers topics such as body image, mental health, and relationships, and publishes books, videos, and blogs as well as the podcast.

Everybody's Body tackles body positivity, disability, and inclusion with rhyming text that aims to plant healthy seeds from a young age. It has been warmly received, with parents posting that it is 'utterly wonderful' and 'an absolute must-have for every bookcase'.

Tracey studied at Carmarthen's former Queen Elizabeth Cambria School (now Queen Elizabeth High School) before attending university in Swansea. She returned to the area during the pandemic to be near her family, and feeling what an impact the last two years has had on so many people's mental wellbeing, she chose that time to expand Break That Mould and pursue her dream of becoming a wellbeing-focussed children's author.

Speaking of her new book, Tracey explains: 'Children absorb so much during their formative years. What they read or hear can form part of how they view the world in the future. And how they feel about themselves. I am passionate about contributing to a positive narrative that will help kids be more resilient to harmful ideas they are exposed to as they get older.'

'I started Break That Mould as a blog for adults, but have since realised it is just as important to help children navigate the barrage of social assumptions about what we should look like in order to be acceptable. Because I honestly believe there is no such thing as normal.'

More information on Break That Mould and [Everybody's Body](#) is available at breakthatmould.com.