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WELCOME TO

EVERY BODY

(WHERE EVERYBODY IS WELCOME)

There are more than eight billion bodies on this planet, but only one belongs to you. Every moment of every day, your body is hard at work breathing, moving and keeping you alive. To be honest, you probably don't give it enough credit. It's easy to forget how amazing your body is when you're busy doing other things. Like when you were checking your outfit in the mirror, you probably didn't notice your eyes blinking twenty times. Or when you stroked that new cosy jumper, you may not have been aware of the 3,000 touch receptors lighting up at the end of each of your fingers.

Your body is pretty incredible, but you might take it for granted. You might forget all the wonderful ways it lets you experience the world and instead worry about how it

looks. I'll let you in on a secret: everyone feels bad about their body sometimes. Even celebrities with millions of followers on YouTube. Even your gran. Even your teacher. (Who knew teachers had feelings?)

BUT WHO AM I TO BE TELLING YOU THIS?

Hi, I'm Molly. I grew up way back in the 1990s, before the 90s were retro and before TikTok was even a thing. Back then, most of the people on the front of magazines were white, thin and non-disabled, which was what my body looked like too. And, even though my body kind of fitted the picture of what we were told 'good' bodies looked like, I still regularly felt bad about it – like it wasn't quite good enough. (By the way, the whole idea of 'good' bodies and 'bad' bodies belongs in the bin, but we'll get more into that later.) Remember, this was ages ago, so I didn't know what I know now. Today, I work with schools and organizations to help them understand what it means to embrace and respect all bodies. I even wrote a book about it for parents and teachers called *Body Happy Kids*. Oh, and I post funny pictures and videos of myself on Instagram, often pulling my best kitchen-disco mum moves, which makes my daughters cringe. (Sorry, kids.)

My hope is that, with this book, you will learn how to appreciate and respect both your own body and the bodies of those around you, even if they all look and function differently from one another. I also hope you'll be able to educate your friends and family on what good body image means.

This book is for everybody – and I mean that quite literally. Your hamster can even read it, if they can read (in which case, quick, get them on YouTube, because that is impressive). Everyone with a body is welcome here.

Along the way, you'll learn some new words to help how you think about bodies. These words will be in bold the first time they appear, and you can look them up in the glossary at the back of the book too. You will also hear from people with different body types who have stood up to prejudice and made the world a more accepting place for *every*body. By the time you've finished reading, maybe you'll be ready to join them in their mission? With your help, we can let people know that all bodies are to be celebrated – including your own.