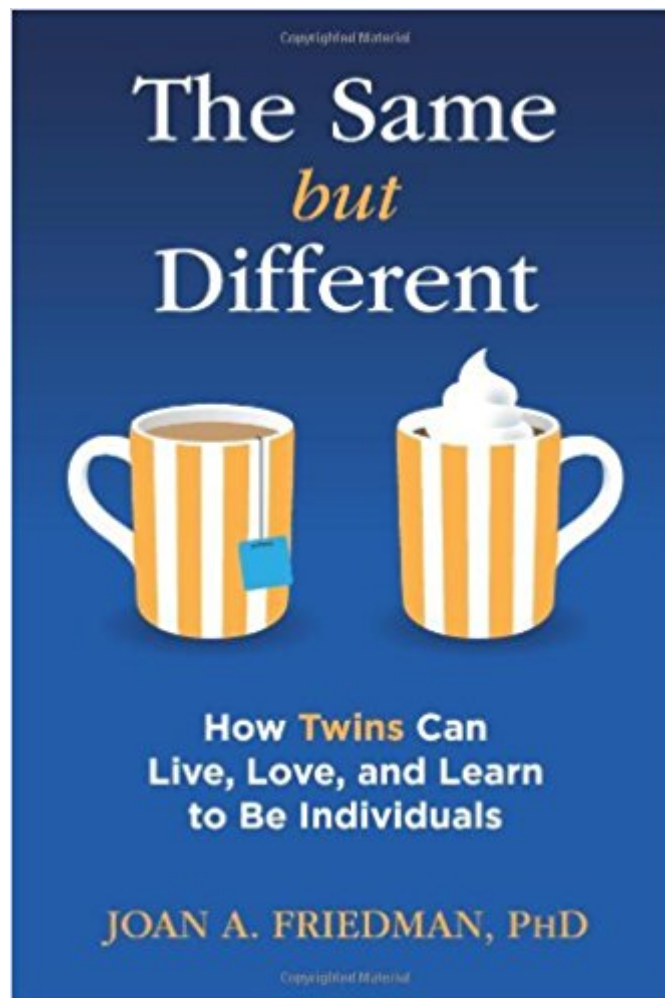




The book was found

The Same But Different: How Twins Can Live, Love, And Learn To Be Individuals



Synopsis

The Same but Different offers insights on and solutions to the challenges that arise when young adult twins are expected to be independent, self-assured "singletons" after having been raised as twins. Written for twins, their families, and significant others, this book- Instructs twins how to have an honest, authentic relationship- Explains why twins may feel disappointed about friendships that don't match the twin connection- Teaches twins how to work through their guilt about wanting more space - Discusses why some twins are afraid they might never love anyone else as much as they love their twin- Reveals how influential twin connections are in choosing a spouse, a profession, and a place to live- Offers tips and strategies to navigate the issues of separation, individuality, and codependence- Provides insight and understanding to families and significant others coping with twin struggles

Book Information

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Customer Reviews

I've never in a million years thought I needed to read a book on twin relationships and how they should function because, after all I'm a twin so I would of course know this information by default. UNTIL I CAME ACROSS THIS BOOK! Dr. Friedman's analysis of the issues in twin relationships are accurate, truthful and able to give any twin ultimate perspective on their relationship. This book is definitely a must read for ALL twins but especially ADULT twins regardless of whether or not you are struggling in your relationship. Chances are you'll even find out some interesting things, you didn't know about yourself :-)) Do yourself a favor and get this book today!

Dr Friedman is a world-renowned specialist in twin relationships. In her latest book devoted to issues surrounding adult twin relationships she opens with a frank account of her own twin relationship. Her voice is reassuring all the way through the book, giving readers with twin issues an opportunity to look at their challenges through the lens of different real life stories. In addition to the personal twin stories, the reader will find tips, advice and even a well-thought out twin survey to fill out and use as a guide to understand their own personal struggles. For anyone in the psychology field I recommend this book to widen their understanding of the complex issues of co-dependence, separation and individuality. Bravo Dr Friedman!

Dr. Joan Friedman combines her personal experience with professional wisdom in this clearly and well written book, which offers many detailed anecdotes and examples of the unique world of the twin relationship in the subjects' own words from each of their sides. Deeply truthful and insightful, Dr. Friedman demonstrates the transition from twins often tethered in a shared orbit to becoming self sustaining individuals complete with the vast richness of independence while still remaining "siblings with the same birthday." Whether you are a twin, parent, relative or friend of twins, or a professional who works with twins, this refreshing look at the twin dynamic will increase your understanding of the magnified challenge of individuation that twins face. It is a must read for anyone touched by the twin relationship.

Twins need their space just like any other siblings. While raising twins is challenging to be sure, it is a subject that is often touched on in modern psychology. Dr. Friedman's book, *Emotionally Healthy Twins: A New Philosophy for Parenting Two Unique Children*, lays out these challenges superbly, but I am glad that she is now treading on a path less traveled in her most recent triumph, *The Same but Different*. Many of the challenges that twins encounter lie in maintaining both their individuality and their strong relationship with each other through adulthood. Entering into romantic relationships can prove especially difficult for twins as they attempt to continue nurturing their relationships with both their romantic partners and their twins. Dr. Friedman once again proves her expertise on this subject and many others, proving that nobody knows twin relationships better than twins themselves! It is great to read her perspective since she is a twin and has raised twins herself!

An authentic book about the twin relationship written by an authentic author hits the mark! Dr. Friedman walks her talk. She has first hand knowledge of the adult twin relationship as it relates to sister, mother, and most importantly therapist. She has seen through the eyes of each, and has

captured the essence of what it takes to emerge as a happy, successful individual while embracing the positive aspects of being born a twin. As a school administrator with over 25 years in education, Dr. Friedman has given me the tools to not only help me in raising and understanding my young adult twins, but also provide insight to the parents and students I come into contact with daily. If you are a twin, have twins, or work with students in an educational setting, this book is a must read. With the explosion of multiple births in the last twenty years it is imperative that we, as mothers, fathers, and educators are equipped to help every individual reach their potential.

As a mother of 18 month old twins it was fascinating to read *THE SAME BUT DIFFERENT*. It was like being given a looking glass forward, listening to the first hand accounts and then the analysis I felt I could apply this knowledge to try and avoid some of the common pitfalls of parenting twins. I want my twins to grow up happy and healthy, and this book really hit home. I am doing a few things differently now and I feel good about it. Things that genuinely wouldn't have occurred to me if I hadn't read Joan Friedman's wonderful book. When I got pregnant I read so many twin books and it wasn't until I discovered Joan Friedman that I found any of them particularly helpful. She is straightforward, easy to understand, entertaining, sympathetic and above all, *TRULY INSIGHTFUL*. This book is a must read.

I loved this book! I am a fraternal girl twin and it really helped me understand my relationship with my sister. I also realized that many other twins go through the same issues. It was very well written and the author cites so many stories from other twins, which I really enjoyed. This book is great for non twins to try and understand twin relationships.

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