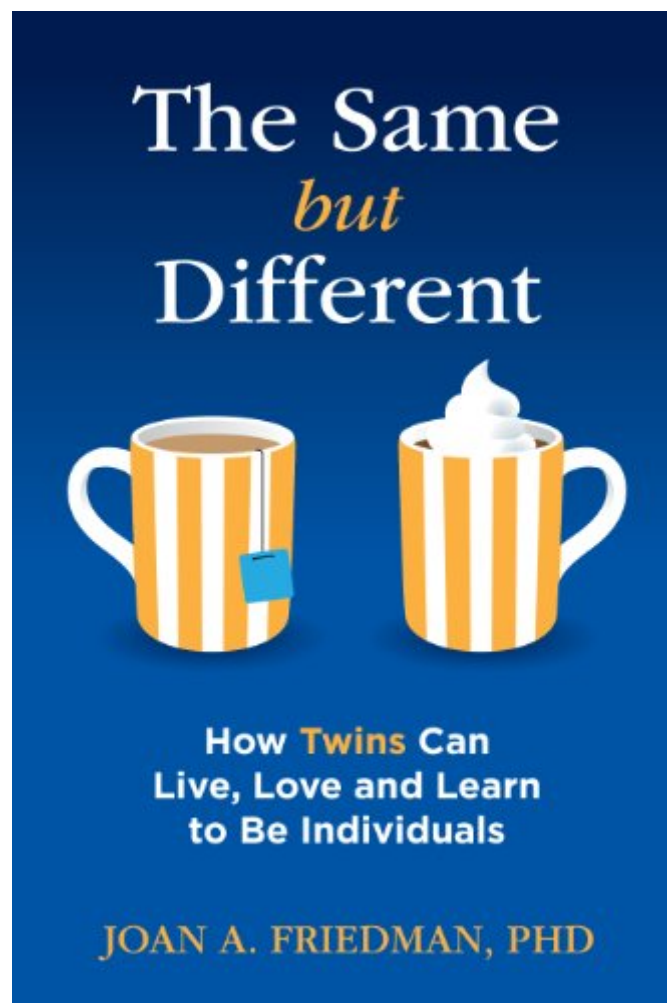




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The Same But Different: How Twins Can Live, Love And Learn To Be Individuals



Synopsis

Do you sometimes resent your twin and then feel guilty about it? Are you frustrated that no one understands what it's like to be a twin? People think being a twin is mysterious, fun, and magical, but in reality, twin relationships can be difficult to navigate. *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 to help twins, their families, and significant others interested in understanding more about the intricacies of adult twin relationships, this book:

- Instructs twins how to have an honest and authentic relationship
- Explains why twins may feel disappointed about friendships that do not match the twin connection
- Reveals how influential twin connections are in the choice of a spouse, profession, and 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
- Presents a stunning, in-depth look at the lives of adult twins as they face the twin challenges of closeness and independence, love and resentment in their evolving relations with each other.

• Nancy L. Segal, PhD, Professor of Psychology, CSU Fullerton, and author of *Born Together* and *Reared Apart* and *Someone Else's Twin*

• Shows adult twins how to "work out" their feelings about their twinship . . . explore them in a healthy manner, and deal with their twin issues so they can pursue more independent and fulfilling lives.

• Susan M. Heim, blogger and author of *It's Twins!* and *Twice the Love*, and coauthor of *Boosting Your Baby's Brain Power*

• "Joan Friedman does it again! Her new book bursts open the doors on the emotional struggles and triumphs of twinship . . . This book is a must-read for any twin, as well as any parent of twins."

• Natalie Diaz, founder of Twiniversity and author of *What to Do When You're Having Two*

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Customer Reviews

It's really important to let twins have their individuality. I think that was one of the big takeaways for me, being a twin. As we grew up, we were always known as "the twins." Almost never by name, and a lot of people don't bother to differentiate. So it's kind of minimizing us as people. Yes we look alike, and might even have some of the same mannerisms, but people need to realize they are two separate people. I really couldn't thank the author enough for pointing this out and making people aware. I go to a church, and have been for 16+ yrs, and one parishoner doesn't even bother to differentiate us. Yes being a twin can be fun and rewarding, but it can be very hard, especially if you're put in that box and made to stay there.

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.

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. Joan Friedman's book clearly identifies the struggles associated with the very natural process of finding yourself as an individual in a twinship. This book is a must read for all twins and anyone else close to them. There is much material out there on the mysticism of being a twin, but nothing until this book on the real-life struggles twins go through when relating to each other as individuals. Being a twin is one of the most intimate relationships we'll ever know, and along with that level of intimacy comes intensity of feelings and emotions....the good ones and the bad ones! This book provides the tools to understand, navigate, and thrive through twin relationship struggles.

Dr. Friedman's perspective as a psychologist, a parent of twins and a twin herself as well as her knowledge and expertise about identity development is insightful. Her thoughts and experience have been very helpful in guiding our family's decisions as we are raising our two children who just happened to be born in the same minute. Dr. Friedman's first book, Emotionally Healthy Twins, was a guiding tool for us when our children were very young and I found The Same But Different an interesting and important study to consider as they are growing up. Both books are perfect gifts for any twin baby shower.

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.

I bought this book as a parent of twins, but it was not helpful from that perspective. This is really a book for adult twins working through issues.

An excellent read for twins and parents of twins. Teenager twins considering whether or not to attend separate colleges should definitely read this book!

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