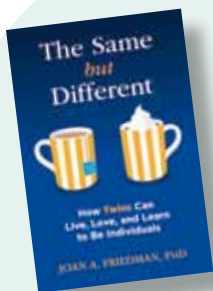


Book Review: Psychology

Book review



THE SAME BUT DIFFERENT: HOW TWINS CAN LIVE, LOVE, AND LEARN TO BE INDIVIDUALS

by Dr Joan A. Friedman
(Rocky Pines Press, 2013)

This reader-friendly book is based on psychoanalytic principles that see the need for separation between identical and fraternal same-sex twins as an essential primary ingredient to infant development.

The enthusiasm generated from the writer is driven by her being a twin herself, as well as being the mother of twins and a psychotherapist for twins. Her enthusiasm is shared in the stories and outcomes of her work. For those who are able to use the self-help dimension of her book, each chapter ends with questionnaires for self-reflection.

The chapter headings are set out with clarity and openness: Outing Your Feelings; Twin Closeness - Assumptions and Realities; My Twin, My Caretaker; Separation Blues; Comparing the Pair of You; Seeking a Twin-Like Friend or Lover; Conflicting Loyalties; Claiming Your Self.

Twins are a source of fascination that marks the longing of single people to have a twin. This book sets out to encourage sufficient separation in 'claiming your self' so the twinship can be valuable rather than oppressive. It is a refreshing and readable contribution to the field.

Olivia Lousada D.psych, author of 'Hidden Twins' (Karnac 2009)