

# Beyond the Bond

## by Joan A. Friedman, PhD

*Book review by Dr Carolyn Lister*

Joan is both a twin and the mother of twins and brings invaluable insights to the unique dynamics of twinhood in her new book. With her personal experience, she offers a rare and deeply empathetic perspective on the challenges of being a twin and raising twins. This book is a resource you'll find yourself returning to time and again, especially as new issues or questions emerge throughout the twin journey.

For those expecting twins, it's a must-read that helps prepare for the many challenges ahead, making the unpredictable twin experience a little more manageable. It's not just for parents though, as this book is also an essential guide for twins themselves. While the bond between twins is often celebrated, it is not always smooth sailing as conflict can and does arise. Joan addresses this with practical advice on how to navigate differences, cultivate separate identities, and set healthy boundaries without weakening the bond.

What also makes this book valuable is its inclusion of perspectives to assist family members, whether you are a spouse, partner, or relative. It helps others understand the intricate dynamics at play and fosters greater empathy for the unique twin relationship that can impact other relationships twins have.

Spanning topics from the early years (e.g. "Should we buy them the same gift?") to adulthood (navigating changing relationships as others enter the fold), this book covers it all. It even tackles the sensitive subject of twin loss—whether through death or estrangement—with grace and understanding.

This book should undoubtedly find a place on the bookshelf of every twin, parent of twins, and anyone interested in understanding the twin dynamic.

*About the author: Joan A. Friedman, PhD, is a gifted psychotherapist and well-respected twin expert who shares her passionate views and insights about twins and their emotional needs with twins and their families throughout the world. She is the author of several other books on twins: Emotionally Healthy Twins: A New Philosophy for Parenting Two Unique Children, The Same but Different: How Twins Can Live, Love, and Learn to Be Individuals, and Twins in Session: Case Histories in Treating Twinship Issues.*

Available via Amazon:  
[https://www.amazon.com/  
Beyond-Bond-Insights-  
Navigating-  
Challenges/dp/0989346471](https://www.amazon.com/Beyond-Bond-Insights-Navigating-Challenges/dp/0989346471)

