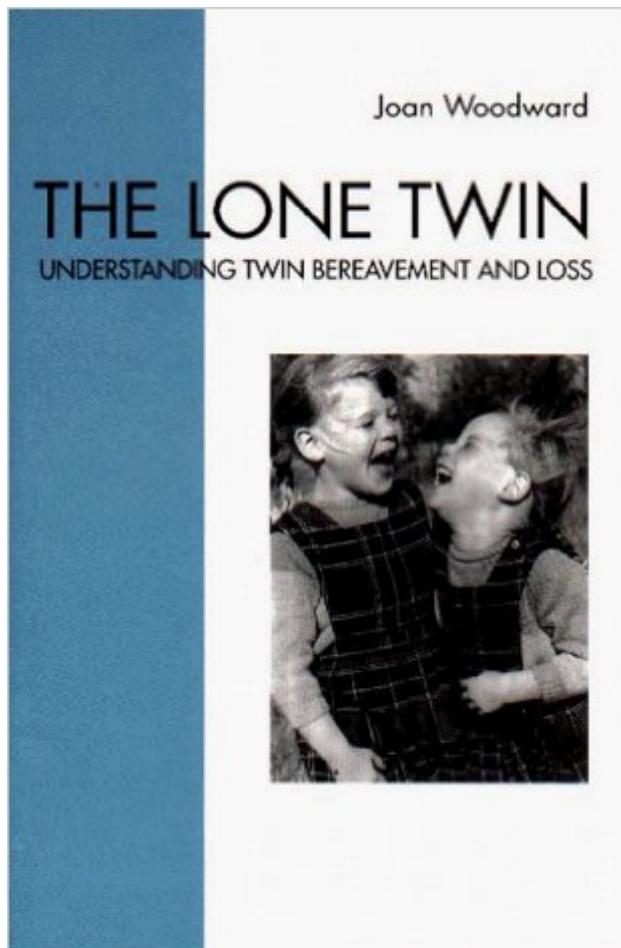


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# The Lone Twin: Understanding Twin Bereavement And Loss



## **Synopsis**

This text takes the reader through the closeness of being a twin, including its negative aspects and their need to be different to one another. But what happens when twins are separated, especially by death? The text examines death and bereavement of twins, including the parental attitudes to the surviving twin, the surviving twin's guilt, coping, bereavement in childhood and adulthood. The book also covers the psychological effects in later life for children who lost their twin at birth. Throughout, the book is illustrated by the words of lone twins themselves.

## **Book Information**

Paperback: 240 pages

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Product Dimensions: 0.5 x 6 x 9 inches

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #1,508,833 in Books (See Top 100 in Books) #75 in Books > Parenting & Relationships > Family Relationships > Twins & Multiples #438 in Books > Parenting & Relationships > Family Relationships > Siblings #2548 in Books > Self-Help > Death & Grief > Grief & Bereavement

## **Customer Reviews**

Not knowing any other twins, I used to think it was odd for me to feel grief for a twin who died at only 1 day old. This book changed my mind and made me realize I was not alone. There are chapters devoted to 1.) Twin loss at the time of birth, 2.) Twin loss in childhood, and 3.) Twin loss in adulthood, with first-person accounts of bereaved twins. This is the only book of its kind I've ever seen, and I recommend it to lone twins in helping to deal with the loss of their twin.

I read this book almost 7 years after my twin brother passed away in a high school football accident and I wish someone would have showed me this book sooner. It was amazing to see that people were feeling exactly how I was feeling just after losing a twin and many years after. It made me understand why I might feel the way I do and why sometime I could have everything in the world and still feel alone in my heart. I think it is a must read for twins that have lost their other half.

As a lone twin for 50 years, I nonetheless felt comforted and very able to relate to several things that I had thought only related to me and my experience. The need to make sure that one's parents know that you are doing well appears common as is the repetition of the fear of loss later in life. My twin died in a car crash our freshman year in college and when my daughter left home to go to college, I was nearly paralyzed with the fear that I would never see her again. I wish that this book had been available to me earlier.

Having lost my twin sister at 31 years old on Nov. 13, 2015, this book has helped me in so many ways. Losing your other half is something most people have never been through, therefore there aren't many people to talk to who really understand that bond. This book is my saving grace for the harder days of grieving. I encourage all twinless twins to purchase this book.

Very enlightening. A must read for anyone who has a twin in their lives who has lost their "other half".

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