

Emotionally Healthy Twins A New Philosophy For Parenting Two Unique Children

Even twins are unique. Most people idealize twins, fantasizing a close, perpetually loving relationship. Yet Klein, herself an identical twin, demonstrates that twins have complicated and intense relationships that range from over-identification or excessive closeness to profound estrangement and conflict. This book is a must-read for twins, their parents, and scholars, students, and other researchers and professionals dealing with mental health and child development.

The founders of the blog Two Came True deliver essential information and practical prep strategies to get expecting parents ready to discover the joys of twin parenting. From mental and emotional prep to feeding and everything in between, this action-oriented guide covers the broad spectrum of how to tackle the first few months after the babies arrive.

Bullying has long been tolerated as a rite of passage among children and adolescents. There is an implication that individuals who are bullied must have "asked for" this type of treatment, or deserved it. Sometimes, even the child who is bullied begins to internalize this idea. For many years, there has been a general acceptance and collective shrug when it comes to a child or adolescent with greater social capital or power pushing around a child perceived as subordinate. But bullying is not developmentally appropriate; it should not be considered a normal part of the typical social grouping that occurs throughout a child's life. Although bullying behavior endures through generations, the milieu is changing. Historically, bullying has occurred at school, the physical setting in which most of childhood is centered and the primary source for peer group formation. In recent years, however, the physical setting is not the only place bullying is occurring. Technology allows for an entirely new type of digital electronic aggression, cyberbullying, which takes place through chat rooms, instant messaging, social media, and other forms of digital electronic communication. Composition of peer groups, shifting demographics, changing societal norms, and modern technology are contextual factors that must be considered to understand and effectively react to bullying in the United States. Youth are embedded in multiple contexts and each of these contexts interacts with individual characteristics of youth in ways that either exacerbate or attenuate the association between these individual characteristics and bullying perpetration or victimization. Recognizing that bullying behavior is a major public health problem that demands the concerted and coordinated time and attention of parents, educators and school administrators, health care providers, policy makers, families, and others concerned with the care of children, this report evaluates the state of the science on biological and psychosocial consequences of peer victimization and the risk and protective factors that either increase or decrease peer victimization behavior and consequences. Real-world advice for when your twins' and multiples' concerns go beyond "Should they dress alike?" Should your twins be placed in the same homeroom at school? Does one of your kids have a harder time making friends than the other? How healthy is competition among your triplets? Christina Baglivi Tinglof, author of *Double Duty* and a mother of twins, expertly guides you through your kids' school years, from the first days of kindergarten to the always drama-filled years of high school. Drawing from the latest cutting-edge research and hundreds of parent-tested tips, Tinglof offers proven advice to: Encourage individuality Foster positive sibling relationships Discipline effectively Deal with one child developing faster than the other Manage common speech and reading difficulties

Parenting School-Age Twins and Multiples

The Power of Knowing What You Don't Know

Indivisible by Two

The Power of Emotional Intelligence to Achieve Well-Being and Success

Alone in the Mirror

Twins in Session

My Life As an Identical Twin and What I've Learned about Everyone's Struggle to Be Singular

Debuted as #1 Amazon new release, K&E, founders of Twinning Store, the largest twin store for twins by twins brings you *The Life of Twins - Insights from over 120 twins and their friends and family*. "Great read for twins, parents of twins and future parents. Provides insights that non twins could never know." - Dustin "This book allows individuals who are not twins, a look into the world of being a twin, or parents to twins - and what a cool place that is!" - Patti In *The Life of Twins*, they along with other twins, twin parents and friends of twins shares what it is like to live the twin life. It is a resource for twins by over 120 people from all over the world. Read to learn the inside scoop, stories, experiences, advantages, challenges, and uniqueness from the twin perspective. From iconic twin entrepreneurs to twin athletes, from twins who together to twins who have taken different paths, their insights can help you answer everything you want to know about twins. Learn from twin celebrities and twin parents and twins such as the seen in *Vogue* and *Marie Claire* Collyer twins, the *Awesomeness TV*'s Bell twins, *Refinery 29*'s Lucie Fink, *ABC's Dancing with the Stars* Emma and Kelly Slater and so many more. About the authors: In 2017, we decided to start Twinning Store after trying to find other twins online. Fast forward and Twinning Store has grown into a worldwide community of twins that follow our blog, stay posted on our social media and rock our twin clothing and accessories. We still can't believe how much our community has grown and how far it reaches. To us, it seems like yesterday that the hashtag #twinfluencer had 5 posts and it is at 9k time of writing this and publications such as *Vogue Magazine*, *the Atlantic*, *Telegraph*, and *Elle* using the term. Before we even started Twinning Store, we knew that we could never be experts of all things twins. Our relationship may have similarities to other twins, but we are only connoisseurs of our own twin bond. Just as other twins are experts of their relationship. To make sure we got as much knowledge as possible as a community, we have therefore asked other twins for their input. This book is our vehicle to share all that with you. In other words, this book isn't just written by us, it is a collective effort from over 120 twins, twin moms, twin dads, significant others of twins and friends of twins. This book contains their insights--including practical and tactical advice from twins who have learned things along their twin journey. Whether you are a twin, parent of twins, expecting twins, or want to learn more about twins, this is your guide from the people that live the twin life in over 40 countries. Among other things, you will learn: Some of the ultimate twin perks

Must-have twin information directly from twins How often twins communicate and in what way Do twins mind being called "the twins"? Some of the downsides of being twins What to gift a twin How to say the word twin in over 10 languages What advice twins have for non-twins What it is like to date a twin from people who have done just that How twin parents view the twin bond And much more. It is the perfect gift for: twins in all ages (identical, fraternal, girl, boy, woman or man) twin parents or expecting twin moms and dads someone is dating a twin family or friend of twins anyone curious to learn more about the twin bond and twin dynamic This reference book, which we wish was available when we were growing up, Do you sometimes resent your twin and then feel guilty about it? Are you frustrated that no one understands what it is 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. This book was written to help twins, their families, and significant others to understand more about the intricacies of adult twin relationships, this book, Instructs twins how to have an honest, authentic relationship, Explains why twins may feel disappointed about friendships that do not match the twin connection, Reveals how influential twin connections are in choice of 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 jacket.

Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well. Transforming the Workforce for Children Birth Through Age 8 explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. Transforming the Workforce for Children Birth Through Age 8 offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

Essential reading for parents of grade schoolers through teens experiencing bullying, social exclusion, and teasing—with uplifting stories from young adults who have navigated those experiences and triumphed. The tween and teen years are rife with intense social challenges in school, friendships, sports, and other activities where instances of teasing, bullying, social exclusion and marginalization are unfortunately all too common. Social media has only made this behavior easier and more insidious. But when kids ages 9 and up can be coached by a parent to respond effectively, manage their emotions in social situations, and recognize their own self-worth, they can reclaim a sense of their own power and develop skills like resilience, social and emotional intelligence and compassion for life. Kim John Payne, a leading education consultant and parenting expert, and Luis Fernando Llosa, a writer and longtime sports coach, offer guidance and practical advice to parents, along with ten inspirational stories in the voice of young adults who have navigated bullying, teasing and social exclusion—and triumphed. The Emotionally Resilient Child gives tweens and teens the tools to address the problem themselves and develop mastery over the situation—rather than having parents step in and try to "fix" things. This book also gives parents vital proactive strategies to help build strong family relationships, trust and connection, so that kids can be better prepared for the inevitable social challenges life brings.

The Essential Twins Preparation Guide

Permission to Feel

Twinsight

Double Time

Parenting Matters

Winning the Twinning

Insights from Over 120 Twins, Friends and Family

Alone in the Mirror: Twins in Therapy chronicles the triumphs and struggles of twins as they separate from one another and find their individuality in a world of non twins. The text is grounded in issues of attachment and intimacy, and is highlighted by Dr. Barbara Klein's scholarly research, clinical experiences with twins in therapy, and her own identity struggles as a twin, all of which allow her to present insights into the rare, complicated, and misunderstood twin identity. She presents psychologically-focused real life histories, which demonstrate how childhood experiences shape the twin attachment and individual development, and she describes implications for twins in therapy, their

therapists, and parents of twins. Unique to this book are effective therapeutic practices, developed specifically for twins, and designed to raise the consciousness of parents as well. Readers will find these practices and the insights within invaluable, whether they use them to communicate with twin patients, family members, or if they are part of a twinship themselves.

The best twin-tested tips used by real moms! The stresses that come with raising two babies are numerous - but they are predictable and manageable. From a mom who's been there, *Juggling Twins* is a funny, realistic, and reassuring guide for every new mom of twins who may be asking herself, "Can I really pull this off?" From pregnancy to health issues, to eating, sleeping, bathing, and leaving the house, *Juggling Twins* is packed with the detailed, authoritative information that parents of multiples crave. You'll learn how to: Nurse two babies at the same time, comfortably and efficiently Get exactly the help you need from family and friends in those first few weeks Safely transport two babies at once when it's just you and them Survive the nights by breaking them into shifts (that include you sleeping) Stockpile the right food and supplies in advance of their arrival Maintain your identity and your marriage through the madness Get prepared, stay calm, and count your blessings (two!)—raising twins can be a wonderful, intense challenge that draws on the best in you. "Practical advice and a healthy dose of humor—this book has exactly what parents need to help them survive and thrive with multiples. Recommended reading for all mothers of twins." — Deborah Platek, MD, Director of Maternal Fetal Medicine, Harvard Vanguard Medical Associates

Emotionally Healthy Twins A New Philosophy for Parenting Two Unique Children Da Capo Press

The development of how twins relate to each other and their single partners is explored through life stories and clinical examples in this telling study of twin interconnections. While the quality of a nurturing family life is crucial, Dr. Klein has found there are often issues with separation anxiety, loneliness, competition with each other, and finding friendships outside of twinship. When twin lives are entwined because of inadequate parenting and estrangement, twin loss is possible and traumatic, creating a crippling fear of expansiveness—an inability to be yourself. Therapists and twins seeking an understanding of twin relationships will find this clinically compelling book a valuable resource.

Mastering Twin Pregnancy & Beyond

Breastfeeding & Caring for Twins Or More

Juggling Twins

A Unifying Foundation

Parenting Multiples from Pregnancy Through the School Years

Preventing Bullying Through Science, Policy, and Practice

You Can Two!

In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

Revised and updated in 2020 The creator of Twiniversity delivers an essential update to her must-have manual to having twins, now with expanded info on twin pregnancy and tandem breastfeeding, and advice on the best gear to help save your sanity. With almost two times as many sets of twins today as there were forty years ago, *What to Do When You're Having Two* has quickly become the definitive resource for expectant and new parents of multiples. A mom of fraternal twins and a world-renowned expert on parenting multiples, author Natalie Diaz launched Twiniversity, the world's leading global resource for twin parenting information and support online. Now, with her expanded edition of *What to Do*, she includes new information on breastfeeding, gear, sleep, and having two when you already have one, as well as: • creating your twin birth plan, • maintaining a realistic sleep schedule, • managing tandem breastfeeding, • stocking up on what you'll need (and knowing what high-tech products are now available and what's a waste of money), and • building a special bond with each of your twins. Accessible, informative, and humorous, *What to Do When You're Having Two* is the must-have manual for every parent of twins.

If you're wondering what it feels like to grow up and be a twin or a triplet then this is the book for you. With humour and honesty, identical triplet Kari Ertresvåg lays bare what it feels like to grow up as a twin or a triplet to jump-start reflections for parents and ultimately make life easier for twins and triplets.

Raising Twins guides you through the physical, emotional, and cognitive developmental differences and challenges specific to twins.

Straightforward and reassuring, this book addresses the key issues that impact twins from babyhood all the way through adolescence:

Sharing and comparisons Competition and rivalry The "secret language" of twins The good twin/bad twin myth Teen-specific issues like dating and applying for college And much more including lively, candid discussions with twins and their parents

I Know This Much Is True

The Lost Girl

Transforming the Workforce for Children Birth Through Age 8

The Same But Different

The Definitive Guide for Parents of Twins and Triplets...from an Identical Triplet

Twins in Therapy

The Twin Connection

Geri Scazzero knew there was something desperately wrong with her life. She felt like a single parent raising her four young daughters alone. She finally told her husband, "I quit," and left the thriving church he pastored, beginning a journey that transformed her and her marriage for the better. In *The Emotionally Healthy Woman*, Geri provides you a way out of an inauthentic, superficial spirituality to genuine freedom in Christ. This book is for every woman who thinks, "I can't keep pretending everything is fine!" The journey to emotional health begins by quitting. Geri quit being afraid of what others think. She quit lying. She quit denying her anger and sadness. She quit living someone else's life. When you quit those things that are damaging to your soul or the souls of others, you are freed up to choose other ways of being and relating that are rooted in love and lead to life. When you quit for the right reasons, at the right time, and in the right way, you're on the path not only to emotional health, but also to the true purpose of your life. "QUITTING WILL SET YOU FREE! Not a typical message heard in the church today, especially among 'nice, Christian women,'" but one that has been needed for years! By refusing to cling to a shell of pretension, the true freedom of our new lives in Christ is realized, and Geri shows us how. A fast, informed read, this book breaks down the walls of the false ideals we cling to in and shows us that by quitting these idols, we re-discover God's love. I was supposed to read this book. I needed to read this book. Thank you, Geri." Kim de Blecourt, Short-term Adventure Specialist with Food for Orphans and author of "Until We All Come Home: A Harrowing Journey, a Mother's Courage, a Race to Freedom"

Vivid, universal, and emotionally complex, Kristin Hannah's *Night Road* raises profound questions about motherhood, identity, love, and forgiveness. "A rich, multilayered reading experience, and an easy recommendation for book clubs." —Library Journal (starred review) Life comes down to a series of choices. To hold on... To let go...to forget...to forgive... Which road will you take? For eighteen years, Jude Farraday has put her children's needs above her own, and it shows—her twins, Mia and Zach, are bright and happy teenagers. When Lexi Baill moves into their small, close-knit community, no one is more welcoming than Jude. Lexi, a former foster child with a dark past, quickly becomes Mia's best friend. Then Zach falls in love with Lexi and the three become inseparable. Jude does everything to keep her kids out of harm's way. But senior year of high school tests them all. It's a dangerous, explosive season of drinking, driving, parties, and kids who want to let loose. And then on a hot summer's night, one bad decision is made. In the blink of an eye, the Farraday family will be torn apart and Lexi will lose everything. In the years that follow, each must face the consequences of that single night and find a way to forget...or the courage to forgive. Vivid, universal, and emotionally complex, *Night Road* raises profound questions about motherhood, identity, love, and forgiveness. It is a luminous, heartbreaking novel that captures both the exquisite pain of loss and the stunning power of hope. This is Kristin Hannah at her very best, telling an unforgettable story about the longing for family, the resilience of the human heart, and the courage it takes to forgive the people we love. "You cannot read *Night Road* and not be affected by the story and the characters. The total impact of the book will stay with you for days to come after it is finished." —The Huffington Post

What Are You Missing? Peter Scazzero learned the hard way: you can't be spiritually mature while remaining emotionally immature. Even though Pete was pastor of a rapidly growing church, he did what most people do: avoid conflict in the name of Christianity ignore his anger, sadness, and fear use God to run from God live without boundaries Eventually God awakened him to a biblical integration of emotional health, a profound relationship with Jesus, and the historical practices of contemplative spirituality. It created nothing short of a spiritual revolution, utterly transforming him and his church. In this best-selling book Pete outlines his journey and the signs of emotionally unhealthy spirituality. Then he provides seven biblical, reality-tested ways to break through to the revolutionary life Christ meant for you. *Emotionally Healthy Spirituality* is presently used in more than twenty-six countries to equip churches in a deep, beneath-the-surface spiritual formation paradigm that truly transforms lives.

"A serious and important contribution to the whole food, plant-based world. . . Not infrequently I get asked about this diet for skin conditions-now I have a great reference to pass on to people."- T. Colin Campbell, co-author of *The China Study* From YouTube stars Nina and Randa Nelson comes the doctor-approved, clinically-tested, low-fat vegan diet that instantly and dramatically transformed their skin. Over \$3 billion dollars is spent treating acne every year. But YouTube celebrities Nina and Randa Nelson have found a solution that is easy, affordable, and as close as your local grocery store. Based on solid nutritional science, vetted by top nutrition experts, and proven by the authors' experiences and now so many others, *The Clear Skin Diet* will help you clear your skin for good. This is it: a six-week plan to take control of skin issues using the simple principles of a low-fat vegan diet, foods such as potatoes, pasta, rice, corn, beans, oatmeal and whole grains. Complete with detailed grocery lists, simple meal prep strategies, and delicious recipes using affordable, familiar ingredients, *The Clear Skin Diet* is an accessible guide to curing acne that will give readers, whether 13 or 43 years old, the confidence to start living life again.

The Clear Skin Diet

Unleash a Revolution in Your Life In Christ

How to Raise an Emotionally Intelligent Child

Lives of Extraordinary Twins

What Parents Want to Know (and What Twins Want to Tell Them)

Eight Things You Have to Quit to Change Your Life

Becoming a mother is rarely what you expect. Jane Roper never expected she'd have twins—or that they'd be such a spirited twosome. She didn't expect that finding the right balance of work and home would be so tricky. And she certainly didn't expect she'd grapple with a diagnosis of bipolar disorder during her daughters' toddler years. But she also didn't anticipate just how much

joy, laughter and self-discovery motherhood would bring. Full of warmth, honesty, occasional advice, and a generous helping of humor, Double Time is a smart and engaging account of the first three years with multiples and a refreshingly candid and vulnerable look at clinical depression. It's a memoir that will resonate countless women—especially those parenting in double time. The mental well-being of children and adults is shockingly poor. Marc Brackett, author of Permission to Feel, knows why. And he knows what we can do. "We have a crisis on our hands, and its victims are our children." Marc Brackett is a professor in Yale University's Child Study Center and founding director of the Yale Center for Emotional Intelligence. In his 25 years as an emotion scientist, he has developed a remarkably effective plan to improve the lives of children and adults – a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. The core of his approach is a legacy from his childhood, from an astute uncle who gave him permission to feel. He was the first adult who managed to see Marc, listen to him, and recognize the suffering, bullying, and abuse he'd endured. And that was the beginning of Marc's awareness that what he was going through was temporary. He wasn't alone, he wasn't stuck on a timeline, and he wasn't "wrong" to feel scared, isolated, and angry. Now, best of all, he could do something about it. In the decades since, Marc has led large research teams and raised tens of millions of dollars to investigate the roots of emotional well-being. His prescription for healthy children (and their parents, teachers, and schools) is a system called RULER, a high-impact and fast-effect approach to understanding and mastering emotions that has already transformed the thousands of schools that have adopted it. RULER has been proven to reduce stress and burnout, improve school climate, and enhance academic achievement. This book is the culmination of Marc's development of RULER and his way to share the strategies and skills with readers around the world. It is tested, and it works. This book combines rigor, science, passion and inspiration in equal parts. Too many children and adults are suffering; they are ashamed of their feelings and emotionally unskilled, but they don't have to be. Marc Brackett's life mission is to reverse this course, and this book can show you how.

In the second edition of this popular parenting book, Shelly Vaziri Flais, MD, FAAP helps readers prepare for their twins' arrival, birth and infancy, and provides sage advice for raising them through toddlerhood and the school years. Dr. Flais' book will help parents of twins and other multiples: Prepare for the arrival of their babies; Survive the first few days, weeks and months by providing information on feeding, sleeping, scheduling and outings; Navigate the toddler years from mealtime to potty training, one-on-one time to loving discipline; Move into the school years with ideas on managing things like socialization and competition, family dynamics and individuality. Combining her experience as a mom and her expertise as a pediatrician, Flais brings a unique blend of heartwarming personal experiences and professional knowledge to deliver a real survival guide for every family with twins, triplets, quads or more.

Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

Parent Like a Triplet

How Twins Can Live, Love, and Learn to Be Individuals

One and the Same

Emotionally Resilient Tweens and Teens

Raising Twins

A Novel

The Emotionally Healthy Woman

The development of how twins relate to each other and their single partners is explored through life stories and clinical examples in this telling study of twin interconnections. While the quality of a nurturing family life is crucial, Dr. Klein has found there are often issues with separation anxiety, loneliness, competition with each other, and finding friendships outside of twinship. When twin lives are entwined because of inadequate parenting and estrangement, twin loss is possible and traumatic, creating a crippling fear of expansiveness—an inability to be yourself. Therapists and twins seeking an understanding of twin relationships will find this clinically compelling book a valuable resource.

It's a fact: twins experience life differently than singleton children. They're compared to each other in everything from athletics to academics. They encounter unique social issues (what happens when one child is invited to a social outing while her twin is not?). They can even have difficulty forming deep relationships outside of the twinship. Yet no book effectively helps parents navigate these unique emotional challenges—until now. In the first book written on the emotional needs of twins, *Twinsight: How to Raise Emotionally Healthy Twins* bypasses the usual discussions on how to pay for two tuitions (a conundrum, to be sure!) and instead tackles deeper questions: How do you help twins feel like individuals? Should they be expected to be each other's caretaker? How can a parent avoid comparing? How can you encourage relationships outside the twinship? and more! Drawing on over seventy interviews with adult twins and their non-twin siblings, as well as expert insights from educators and psychologists and exhaustive research, author Dara Lovitz offers parents a definitive roadmap to raising emotionally healthy twins now and into the future.

You survived the twin pregnancy and have brought the twins home. Now the real adventure begins. This guide will walk you through the challenging and exciting aspects of raising twins. You can thrive as a father of twins even during the crazy early years with twins. In this book, you'll learn how to:

- * Keep balance in your personal life with twins
- * Juggle work and family life
- * Feed your twins and get them on a schedule
- * Get your twins to sleep through the night
- * Keep your twins healthy and deal with inevitable sick kids
- * Encourage individuality in your twins
- * Teach your twins to be self-sufficient
- * Keep your other kid(s) happy along the way
- * Escape diapers and potty train your twins
- * Travel with

twins * Create and capture memories with your twins Joe's first book for fathers of twins, the "Dad's Guide to Twins," got you ready for your twins' arrival. This companion book continues the journey and helps you from the moment you get the twins home. It guides you through what to expect and how to handle those precious twins through the first couple of years. If you are expecting twins, have newborns, or are struggling through that first year (or more) with twins, this book is for you. You'll find tips and tricks to tackle each stage of your twins' development plus ideas to improve what you're already doing.

Winning the twinning is a straight-from-the-heart description of the turbulent journey of a pregnant mother of twins. Dr Dipty Shah, practicing ophthalmologist & a first time author, gives a no-holds-barred account of the physical, physiological, psychological, emotional and sexual upheavals that a lady goes through during the toughest part of her life. From conception to delivering healthy twins, would-be twin mom's journey is much more difficult than a singleton pregnancy and requires tremendous amount of social as well as family & peer-support. This book aims to strike a chord with those who are expecting multiple pregnancies.

Mothering Multiples

Empowering Your Kids to Navigate Bullying, Teasing, and Social Exclusion

The Heart of Parenting

Psychological Profiles of Twinship

How I Survived---and Mostly Thrived---Through the First Three Years of Mothering Twins

The Best Tips, Tricks, and Strategies from Pregnancy to the Toddler Years

Pathways to Health Equity

It's a fact: twins experience life differently than singleton children. They're compared to each other in everything from athletics to academics. They encounter unique social issues (what happens when one child is invited to a social outing while her twin is not?). They can even have difficulty forming deep relationships outside of the twinship. Yet no book effectively helps parents navigate these unique emotional challenges—until now. In the first book written on the emotional needs of twins, *Twinsight: How to Raise Emotionally Healthy Twins* bypasses the usual discussions on how to pay for two tuitions (a conundrum, to be sure!) and instead tackles deeper questions: How do you help twins feel like individuals? Should they be expected to be each other's caretaker? How can a parent avoid comparing? How can you encourage relationships outside the twinship? and more! Drawing on over eighty interviews with adult twins and their non-twin siblings, as well as expert insights from educators and psychologists and exhaustive research, author Dara Lovitz offers parents a definitive roadmap to raising emotionally healthy twins now and into the future.

Journalist Abigail Pogrebin, a twin herself, offers a poignant and personal look at what it's really like to live with one's mirror image and tells the story of many twins who struggle to balance intimacy and individuality.

#1 New York Times Bestseller "THIS. This is the right book for right now. Yes, learning requires focus. But, unlearning and relearning requires much more—it requires choosing courage over comfort. In *Think Again*, Adam Grant weaves together research and storytelling to help us build the intellectual and emotional muscle we need to stay curious enough about the world to actually change it. I've never felt so hopeful about what I don't know." —Brené Brown, Ph.D., #1 New York Times bestselling author of *Dare to Lead* The bestselling author of *Give and Take* and *Originals* examines the critical art of rethinking: learning to question your opinions and open other people's minds, which can position you for excellence at work and wisdom in life Intelligence is usually seen as the ability to think and learn, but in a rapidly changing world, there's another set of cognitive skills that might matter more: the ability to rethink and unlearn. In our daily lives, too many of us favor the comfort of conviction over the discomfort of doubt. We listen to opinions that make us feel good, instead of ideas that make us think hard. We see disagreement as a threat to our egos, rather than an opportunity to learn. We surround ourselves with people who agree with our conclusions, when we should be gravitating toward those who challenge our thought process. The result is that our beliefs get brittle long before our bones. We think too much like preachers defending our sacred beliefs, prosecutors proving the other side wrong, and politicians campaigning for approval--and too little like scientists searching for truth. Intelligence is no cure, and it can even be a curse: being good at thinking can make us worse at rethinking. The brighter we are, the blinder to our own limitations we can become. Organizational psychologist Adam Grant is an expert on opening other people's minds--and our own. As Wharton's top-rated professor and the bestselling author of *Originals* and *Give and Take*, he makes it one of his guiding principles to argue like he's right but listen like he's wrong. With bold ideas and rigorous evidence, he investigates how we can embrace the joy of being wrong, bring nuance to charged conversations, and build schools, workplaces, and communities of lifelong learners. You'll learn how an international debate champion wins arguments, a Black musician persuades white supremacists to abandon hate, a vaccine whisperer convinces concerned parents to immunize their children, and Adam has coaxed Yankees fans to root for the Red Sox. *Think Again* reveals that we don't have to believe everything we think or internalize everything we feel. It's an invitation to let go of views that are no longer serving us well and prize mental flexibility over foolish consistency. If knowledge is power, knowing what we don't know is wisdom.

Most parents try to treat their twins as individuals, but most unwittingly undermine their best intentions because they lack a practical set of guidelines for raising emotionally healthy multiples. Drawing on her unique experience as a twin, the mother of twins, and as a psychotherapist, Dr. Joan A. Friedman outlines the seven key concepts for helping twins develop into self-realized, unique individuals and offers parents specific strategies for each stage in their children's growth. From how to set up the nursery to handling playdates and extracurricular activities, from deciding on same or separate classroom education to encouraging grandparents and other family members to think beyond the pair to see individuals, *Emotionally Healthy Twins* will become the standard reference for parenting twins.

A Guide to Raising Emotionally Healthy Twins with Advice from the Experts (Academics) and the REAL Experts (Twins)

The Life of Twins

The Last Letter

Night Road

Twin Dilemmas

Supporting Parents of Children Ages 0-8

Emotionally Healthy Spirituality

#1 New York Times Bestseller and Oprah Book Club selection "Thoughtful . . . heart-wrenching . . . An exercise in soul-baring

storytelling—with the soul belonging to 20th-century America itself. It's hard to read and to stop reading, and impossible to f
USA Today Dominick Birdsey, a forty-year-old housepainter living in Three Rivers, Connecticut, finds his subdued life greatly
disturbed when his identical twin brother Thomas, a paranoid schizophrenic, commits a shocking act of self-mutilation. Domini
forced to care for his brother as well as confront dark secrets and pain he has buried deep within himself—a journey of the s
takes him beyond his blue-collar New England town to Sicily's Mount Etna, the birthplace of his grandfather and namesake.
Coming to terms with his life and lineage, Dominick struggles to find forgiveness and finally rebuild himself beyond the haunte
shadow of his troubled twin. I Know This Much Is True is a masterfully told story of alienation and connection, power and abu
devastation and renewal—an unforgettable masterpiece.

Three starred reviews A Publishers Weekly Best Children's Book of 2019 Anne Ursu, author of the National Book Award nomin
The Real Boy, returns with a story of the power of fantasy, the limits of love, and the struggles inherent in growing up. When
you're an identical twin, your story always starts with someone else. For Iris, that means her story starts with Lark. Iris has
been the grounded, capable, and rational one; Lark has been inventive, dreamy, and brilliant—and from their first moments in t
world together, they've never left each other's side. Everyone around them realized early on what the two sisters already kne
they had better outcomes when they were together. When fifth grade arrives, however, it's decided that Iris and Lark should
split into different classrooms, and something breaks in them both. Iris is no longer so confident; Lark retreats into herself as
deals with challenges at school. And at the same time, something strange is happening in the city around them, things both g
and small going missing without a trace. As Iris begins to understand that anything can be lost in the blink of an eye, she dec
it's up to her to find a way to keep her sister safe.

A professor of psychology details a five-step process called "motion coaching" that allows parents to raise a child better able
cope with his or her emotions. 35,000 first printing.

"The Last Letter is a haunting, heartbreaking and ultimately inspirational love story."—InTouch Weekly Beckett, If you're readin
this, well, you know the last-letter drill. You made it. I didn't. Get off the guilt train, because I know if there was any chance y
could have saved me, you would have. I need one thing from you: get out of the army and get to Telluride. My little sister Ella
raising the twins alone. She's too independent and won't accept help easily, but she has lost our grandmother, our parents, a
now me. It's too much for anyone to endure. It's not fair. And here's the kicker: there's something else you don't know that's
tearing her family apart. She's going to need help. So if I'm gone, that means I can't be there for Ella. I can't help them throug
this. But you can. So I'm begging you, as my best friend, go take care of my sister, my family. Please don't make her go throug
it alone. Ryan

The Six-Week Program for Beautiful Skin: Foreword by John McDougall MD

Emotionally Healthy Twins

Case Histories in Treating Twinship Issues

Changing Relationships Throughout the Life Span

The Twins Survival Guide from Pregnancy Through the First Year

What to Do When You're Having Two

A New Philosophy for Parenting Two Unique Children

Guides parents through: pregnancy with twins, triplets or more; birth; breastfeeding; babies' care; family; older babies and toddler multiples.

A new parenting twins philosophy outlining the seven simple concepts to raising emotionally healthy individuals even while encouraging them
to cherish their special sibling relationship

The joys and real-life traumas of twelve remarkable sets of twins, triplets, and quintuplets are revealed in this collection of stories that are a
reminder of how incompletely any theory explains real life.

Think Again

Communities in Action

How to Thrive as a Father of Twins

Dad's Guide to Raising Twins

Not All Twins are Alike