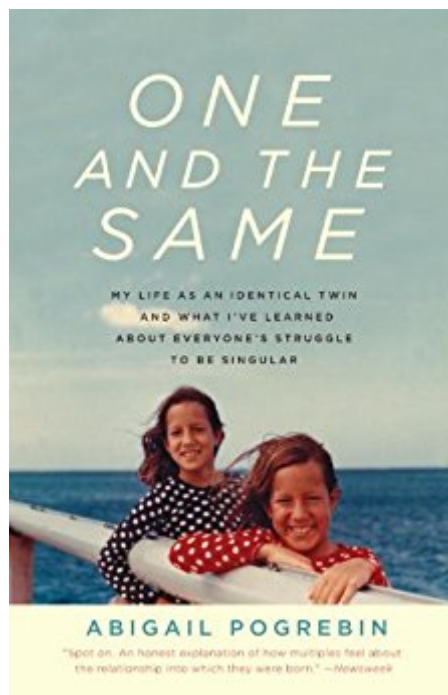


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# One And The Same: My Life As An Identical Twin And What I've Learned About Everyone's Struggle To Be Singular



## Synopsis

Journalist Abigail Pogrebin is many thingsâwife, mother, New Yorkerâbut the one that has defined her most profoundly is âan identical twin.â As children, she and her sister, Robin, were inseparable. But when Robin began to pull away as an adult, Abigail was left to wonder not only why, but also about the very nature of twinship. What does it mean to have a mirror image? How can you be unique when somebody shares your DNA? In *One and the Same*, Abigail sets off on a quest to understand how genetics shape us, crisscrossing the country to explore the varied relationships between twins, which range from passionate to bitterly resentful. She speaks to the experts and tries to answer the question parents ask mostâis it better to encourage their separateness or closeness? And she paints a riveting portrait of twin life, yielding fascinating truths about how we become who we are. From the Trade Paperback edition.

## Book Information

File Size: 741 KB

Print Length: 290 pages

Publisher: Anchor; Reprint edition (October 7, 2009)

Publication Date: October 20, 2009

Sold by: Digital Services LLC

Language: English

ASIN: B002RYXA04

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #624,878 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #58

in Kindle Books > Parenting & Relationships > Family Relationships > Twins & Multiples #105 in Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Family Relationships > Siblings #294 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Child Psychology > Psychology

## Customer Reviews

Because most of us will never know what it's like to be a twin, twinship is often seen as fascinating, mysterious and magical. In this captivating book, Abigail Pogrebin blends a memoir of her life as an

identical twin with interviews of other twins, along with scientific reporting of the twin phenomenon. I expected this book to be interesting (and it fully met my expectations), but I couldn't foretell how often it would make my heart ache. Abigail doesn't hold back, courageously revealing the sometimes painful longing she has for more closeness with Robin, her twin, while also discussing the wonderful aspects of their relationship. Although it isn't surprising to learn the strength of emotional intensity in being an identical twin, some aspects of the relationship are a revelation. Abigail tells readers that she has a life partner in her sister, someone with whom she is compelled to share her deepest thoughts and whose opinions she treasures. But there's another side to the coin: Abigail takes on any emotional distress Robin shares with her and is devastated by any spat with her sister. She also is frank about her sorrow in a certain recent distancing in their relationship, one emanating from Robin. Abigail's personal story weaves between the tales of other twins, as well as interviews with experts on twin relationships. She begins with a meander through a town named for twins: Twinsburg, Ohio. Twinsburg celebrates twins with an annual Twins Day, which began in 1976. Today, thousands of pairs of twins from all over the world attend the event. Abigail, who visited it in 2006, was a bit embarrassed by the sight of many grown twins dressed identically, but she also felt off kilter without Robin.

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