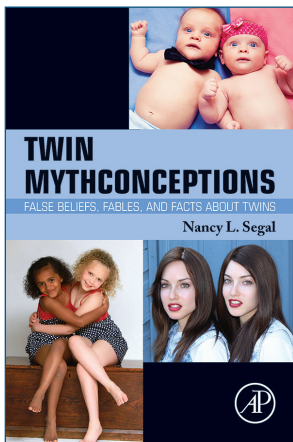


Book Reviews

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Twin Mythconceptions: False Beliefs, Fables, And Facts About Twins By Nancy L. Segal, Ph.D.

This author of many fascinating books about twins has now given twins and other multiple births, their parents, and all interested in the lives of multiples her best book yet in *Twin Mythconceptions: False Beliefs, Fables, and Facts about Twins*. Nancy L. Segal, Ph.D., gathers

the results of research from around the world as well as her own years of participation in twin studies. She also includes what she has learned from having her own fraternal twin sister and the experiences of many multiple birth families.

Revealing the many frequently accepted false ideas about twins is one of Dr. Segal's goals. She lists many popular beliefs and then explains if each one is true, false, or sometimes true based on research in biology, psychology, and educational studies. Some of the popular misbeliefs can be hurtful to twins and their parents. Among the popular misbeliefs are twins having ESP or being able mentally to cheat on school tests, identical twins having identical fingerprints or always having one placenta, or even thinking that boy/girl twins could be identical. The author does verify as true common beliefs like older mothers being more likely to conceive fraternal twins.

Identical (MZ) twins are not completely identical as there can be DNA changes in some cells after the division into MZ twins. 50% is only the average of the genes fraternal (DZ) twins share. The author encourages parents to do DNA tests for same sex twins who look a lot alike to determine if they are MZ or DZ for health

reasons. Embryologists do not yet know for sure why a human fertilized egg divides resulting in MZ twins, but Dr. Segal explains current theories about that.

Progress in genetic research has revealed how much shared genes explain the traits, behavior, and health of twins. Studies also explore the differences in the behavior tendencies of same sex (male and female) twins and male/female twins.

Also documented are the emotional, physical, and financial stress of parents of multiple birth children. New moms are encouraged to reach out to their local mothers of twins club for support. Parents having twins with special needs may have trouble finding resources, but clubs often have members with experience in finding available services. Lack of support for families with limited resources explains some divorces and abuse or neglect of twin children.

The last chapter covers the past and probable future of twin research from the early twin studies using volunteer subjects to the much larger anonymous pools of subjects available today and the even more important use of studying shared genes in twins. Dr. Segal's 309 page treasure chest of information on twins includes 13 chapters (each with pages of references) as well as scientific appendixes, glossary of technical terms, and comprehensive index.

Dr. Nancy L. Segal is a Professor of Psychology at California State University, Fullerton, and Director of the Twin Studies Center. *Twin Mythconceptions* seems to cover about every topic one can imagine about twins and is available on Amazon at a discount and in a Kindle edition. (Academic Press, Elsevier Inc., 2017, paperback, \$39.95.) ●