

## Survivors of 'Vanishing Twin' Phenomenon Tell the World how They Remember Life in the Womb

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St. Albans, UK (PRWeb) February 11, 2007 -- A new book, edited by Althea Hayton, tells the untold story of how it really feels to be the survivor when a co-twin twin dies in the womb -- a "wombtwin" survivor. In her anthology: "Untwinned: perspectives on the death of a twin before birth," Althea Hayton has opened up the inside story of how it feels to be a "wombtwin" survivor: ie., to be the survivor of "vanishing twin" phenomenon or if a co-twin is stillborn. One in 8 people are a wombtwin survivor -- that is a lot of people. Furthermore, experts now know that the loss of a twin before birth can cause psychological problems, such as suicidal thoughts, eating disorders and depression.

This is a brave new book on a brand new topic that is now in the news. Recent TV coverage of multiple pregnancies, showing unborn twin and triplet fetuses interacting with one another, begs the question: "Do we remember the womb?" There has never before been a book about the psychological effects of losing one's twin before birth, yet most of this information has been available for decades. It is hard to believe that someone could miss a twin they only knew in the womb, but these articles and stories reveal the truth.

Althea Hayton is a writer and counsellor and has studied surviving twins for many years. She has gathered together articles, papers and stories about:

- The death of a twin at birth or before
- "Vanishing twin" phenomenon
- Whether or not we can have memories from the womb
- The psychological effect of being the surviving twin

Louis G. Keith MD PhD, President, Centre for the study of Multiple Birth, Chicago, USA, has provided a foreword. "This book could not have been published at a better time. We are in the middle of an epidemic of twinning," he says. "The author is to be congratulated for her persistence in researching a difficult and little discussed topic which has broad social and ethical implications for all of society."

Many well-known people know they are wombtwin survivors: Jim Broadbent and Justin Timberlake both lost a twin sister at birth. Living through that does leave a deep impression.

"It can be a great gift or a curse. Wombtwin survivors are deeply sensitive and empathetic and many of them are geniuses. However, there can be a dark side -- depression and self sabotage," says Althea. "If there is the smallest chance that some psychological problems are related to the time before birth, then we should at least be asking questions about the mother's pregnancy before we decide what is wrong."

Althea is a woman with a mission: "I want other wombtwin survivors to be helped and healed, as I was, by this

crucial piece of personal information." She realised in 2001 that she is a wombtwin survivor, and lost her twin brother in the womb many months before her birth. Her research website, wombtwin.com, offers free information, specialist help and support for wombtwin survivors and their families.

She is already planning her next publication, which will be a collection of true stories, written by wombtwin survivors themselves and sent to her via the site.

#### AVAILABILITY

This book is available now through the Lightning Source "Print on Demand" so can be ordered from any good bookshop in US or UK for speedy delivery. Also available online via amazon sites.

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