

# (Online Library) Always a Sibling: The Forgotten Mourner's Guide to Grief by Annie Sklaver Orenstein

Always a Sibling: The Forgotten Mourner's Guide to Grief  
By: Annie Sklaver Orenstein


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A practical, compassionate guide to sibling loss, with research, stories, and strategies for forgotten mourners as they move through the stages of grief towards finding meaning. After her brother was killed by a suicide bomber in Afghanistan, Annie Sklaver Orenstein was heartbroken and unmoored. Standing in the grief section of her local bookstore, she searched for guides on how to work through her grief as a mourning sibling and found nothing. More than 4 million American adults each year will lose a sibling, yet there isn't a modern resource guide available that speaks directly to this type of grief that at times can be overshadowed by grieving parents and spouses and made even more difficult by the complexities of sibling dynamics. In *Always a Sibling*, Annie uses her own story and those of others to create the empathic, thoughtful, practical resource that she sought. Divided into three sections With, Without, and Within, it creates a framework that enables the reader to ground themselves in order to process and validate this often overlooked grief. Annie guides readers to capture the memories and emotions of life with their now deceased sibling, then moves to addressing the grieving process in detail as they navigate life without them. Ultimately, readers will find ways to experience their siblings presence within themselves and acknowledge their legacy. With practical strategies rooted in proven grief processing techniques, trauma recovery, and psychoanalysis, *Always A Sibling* truly supports mourners through the unique experience of sibling loss.


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