



Deb Lewin

2019 Biography

Deb Lewin was born and raised in Africa, in a country formerly called Rhodesia, now called Zimbabwe. She has represented two different countries, Rhodesia and Israel, as an able-bodied athlete in the sports of field hockey and squash.

Deb came to the USA to be with her family and became a U.S. citizen in 1992. In 1996, she was broadsided by another vehicle at DFW Airport, resulting in a brain injury, left side paralysis, impaired vision, loss of hearing, and a host of other physical and neurological deficits. She refers to this life-changing event as “My Opportunity.”

After a year of intense hospitalization and therapies, it was suggested to her family, that they put her in an assisted living facility as she would never be able to do anything on her own again! With the help of her family and friends, she proved them all wrong.

Having never ridden a horse before her “Opportunity,” Deb went on to compete internationally on Team USA in Dressage for equestrians with disabilities and has won almost every equestrian title in both English and Western riding.

Deb is involved in the Bold Beauty Project TX and she motivates everyone she meets with her amazing positive energy, zest for living life, and for turning challenges into blessings. She encourages everyone she meets to “RideStrong Through Life’s Journey!”

Deb has published her first book, “One Brain Injury *Will* Change Your Mind! My Opportunity – My Story.” She tells funny, poignant, true stories of her life, which will leave you crying and laughing. Truly an inspirational read of determination and courage for everyone to enjoy and embody her life-living philosophy.

www.DebLewin.com