



KRISTIN ABELLO

AUTHOR

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A Bit About Kristin

Unwavering strength, resilience, and sunshine are the words best used to describe the force that is Kristin Abello. She and her husband Raul Abello are the parents of two wonderful boys, Jacob and Colin and they currently reside in the city of Houston with their Golden Retriever, Lucy and their Golden Mountain Dog, Milo.

On any given day, you can catch Kristin participating in several outdoor activities. But life hasn't always been so picturesque. What Kristin thought would be a routine run with her husband, turned into a catastrophic event that rocked Kristin and her family to the core. After being struck by a car, Kristin suffered a severe Traumatic Brain Injury (TBI). It has taken Kristin years to reconcile what was taken from her in mere seconds. But with determination and a positive attitude, Kristin has more than survived – she has thrived.

Since her TBI experience, Kristin has made it her life's mission to share her story with the world. She is passionate about changing the narrative of the TBI community. She wants survivors, family and friends who have lived through a TBI experience to know that a positive perspective can change even the bleakest of experiences.

Kristin Abello serves on the The Institute of Rehabilitation and Research (TIRR) Family Board and advocates for patients with neurological and brain trauma. As a philanthropist, she sits as Auction Chair and Committee Member of various schools in the Houston Metropolis. She is the founder of "Two-Steppin' with TIRR" and "Go Western." Kristin and her husband were awarded a Remembrance Day by Mayor Annis D. Parker, of the City of Houston, named Kristin and Raul Abello Day to commemorate all the charitable work they do.