



**FOR IMMEDIATE RELEASE**  
July 8, 2019

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**Local Women’s Emotional Health Expert Celebrates  
National Girlfriends Day August 1, 2019**

*New Book Teaches Women How to Make New Friends at Any Age or Stage in Life*

**HOUSTON**, July 8, 2019 — Female friendships are one of the most special connections in life. Girlfriends enjoy getting together, laughing, and sharing secrets. Women are there for each other during times of need and in times of celebration. Women all over the country will celebrate their special bond of friendship on National Girlfriends Day August 1, 2019.

“I cherish each relationship with my gal pals and celebrate each one for the special part it plays in my life journey,” says Deborah Olson, a women’s emotional health specialist in the Houston area. She says she is often asked, How can I make new friends? How do I keep my friendships alive when we don’t live in the same state anymore? How can I avoid toxic friendships? How can I nurture my existing friendships?

Olson’s deep desire to help women forge ahead to seek and form new friendship connections inspired her to write the book *The Healing Power of Girlfriends: How to Create Your Best Life Through Female Connection*. The book shares ideas and suggestions on how to avoid toxic friendships, nurture existing friendships, and maintain long-distance friendships, and it teaches women how to make new friends at any age or stage in life. In Chapter 4 of *The Healing Power of Girlfriends*, Olson writes, “Planning our time with friends and honoring how they are most comfortable socializing with us is imperative to the ongoing success of and satisfaction with the friendship.”

Olson will be celebrating with her girlfriends on National Girlfriends Day on a Girlfriend Sunset Cruise aboard the FANTASEA followed by dinner at the Kemah Boardwalk. She invites you to join them. The cost is \$20 for the cruise and a cash bar is available: <https://www.boardwalkfantasea.com/cruises-public.asp>. You may even want to plan the Ultimate Girls Weekend in Houston: <https://www.visithoustontexas.com/travel-planning/itineraries-and-trip-ideas/girlfriend-getaway/>. Pick up a copy of *The Healing Power of Girlfriends* for yourself and gift a copy to your girlfriend. Published by Houston-based Galleria Publishing.

**About Deborah A. Olson**

Deborah A. Olson, RN, MA, LPC, a women’s emotional health specialist, has provided counseling services for nearly two decades in the greater Houston, Texas, area. She offers life enrichment seminars and retreats and provides hands-on solutions to enhance life in meaningful, purposeful and emotionally healthy ways. Learn more at [GalleriaCounseling.com](http://GalleriaCounseling.com).

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