

Deborah Olson: The Healing Power of Girlfriends: How to Create Your Best Life Through Female Connection

In this episode:

- The Healing Power of Girlfriends and Deborah's own story of how female connections helped her navigate through life
- The catalysts that spoke to Deborah to write her book: [The Healing Power of Girlfriends: How to Create Your Best Life Through Female Connection](#)
- The connection of women that makes it different & impactful towards each other's lives
- What 'Super Agers' mean and how connection & friendship play an important role to a better & healthier life
- Intentionality in friendship
- Deborah's professional background and passion in OB/GYN

Deborah Olson is a women's emotional health specialist, speaker, and award-winning author of [The Healing Power of Girlfriends: How to Create Your Best Life Through Female Connection](#). As the owner of Galleria Area Counseling in Houston, Texas, she has counseled women for decades on women's issues, parenting concerns, and marital struggles.

A dynamic and thoughtful speaker, Deborah has spoken on topics such as Living Joyfully, Seasons of a Woman's Life and Finding Our Natural Strengths, to name a few. Whether a Keynote or Session Presenter, she captivates audiences with her message, experience, and insight. Deborah also offers life enrichment seminars and retreats and provides hands-on solutions to enhance life in meaningful, purposeful, and emotionally healthy ways. Her workshops are specially designed for women, and topics include depression, anxiety, life transition issues, empowerment, parenting matters, and romantic relationship problems.

Quotes from this episode:

"As women, we are wired to female connection." —Deborah Olson

"Your girlfriends are your closest lifelines." —Deborah Olson

"The distance between my girlfriends and I should not rob us of the connection that we have." —Deborah Olson

"Our girlfriends are our soulmates." —Deborah Olson

"Disconnection with friends is twice as dangerous as obesity to our health." —Deborah Olson

"Be intentional about your friendship." —Deborah Olson

"Friendships don't just happen. It needs to be nurtured." —Deborah Olson

3 Pearls of Wisdoms:

“Never underestimate the healing power of a girlfriend.”

“Be intentional about your friendships.”

“Have hope. The beacon of light is growing and getting brighter. We are almost at the finish line.”

Resources:

Deborah Olson: The Healing Power of Girlfriends: How to Create Your Best Life Through Female Connection

Website: <https://www.galleriacounseling.com/> | <https://deborah-olson.com/>

LinkedIn: <https://www.linkedin.com/in/deboraholsonlpc/>

Instagram: <https://www.instagram.com/authordeboraholson/>

Twitter: <https://twitter.com/deboraholsonma/>

Facebook: <https://www.facebook.com/AuthorDeborahOlson/>

Book: [The Healing Power of Girlfriends: How to Create Your Best Life Through Female Connection](#)

Link to the show: <https://www.kamiguildner.com/ewr-deborah-olson-190/>

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