

# **A Guided Meditation For Relaxation, Well Being And Healing By Glenn Harrold**

**By Glenn Harrold**

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**Glenn Harrod (Author of A Guided Meditation for -**

Glenn Harrod is the author of A Guided Meditation for Relaxation, Well Being and Healing Glenn Harrod

[http://www.goodreads.com/author/show/5622632.Glenn\\_Harrod](http://www.goodreads.com/author/show/5622632.Glenn_Harrod)

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<http://glennharrold.com/>

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A Guided Meditation: Amazon.ca: Glenn Harrold there is a special 'healing white light' visualisation which is Guided Meditation/Relaxation Techniques

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