



# Karma 101: What Goes Around Comes Around...and What You Can Do About It

*Joshua Mack*

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## **Karma 101: What Goes Around Comes Around...and What You Can Do About It** Joshua Mack

With Karma 101, we'll turn this ancient Eastern doctrine on its head. Karma is notoriously vague concept; we'll outline the basics, debunk the mysteries surrounding it, and offer a kitschy but practical take on karma, including ways for readers to use it to their advantage - in this lifetime.

Some of the tips offered include:

- Controlling your karma
  - Deflecting other people's karma
  - How to prevent coming back as a pauper in your next life
  - Techniques to speed up karma
- Rooted in spirituality, this quirky introduction to karma is geared toward the armchair Buddhist. It is the only approach to this subject that isn't overly complex and esoteric. There's no need to wade through lengthy volumes of material—the essence of karma is within your grasp. Start practicing today!

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