

# Local Author Karen Reed Hadalski Strikes Literary Gold.

By Peter Cousin - Editor

# Karma

## How To View It, Use It, and Lose It

KAREN REED HADALSKI

It was mid-November when I received this book in the mail, asking me to review it for our readers -- something we have done a few times over the years. I agreed.

Karma takes you beyond the normal, everyday areas of living. It requires you to look further into the responsibilities of your life, in both a negative and positive manner. You'll discover life's lessons and a method by which to analyze your attitudes and skills on which you might need to work to make spiritual progress and resolve karmic debts incurred through previous, free-willed actions.

Spooky? NO! Interesting? YES, but you need to have and keep an open mind. This book is an eye-opener -- a road map to take you to the next level of awareness. The work breaks human life down into categories: Physical/Material, Mental/Psychological,

Social/Anti-Social, Religious/Spiritual and the Human-Environment/Human-Animal connection in order to discuss individual and world karmic patterns and to suggest positive methods for resolving/balancing these. Positive possibilities for individual and world progress are presented, once "the law of cause and effect" is thoroughly understood and ethically acted upon. Our take? If you're open to self-awareness and improvement, this book will challenge you, provide you with a better understanding of yourself and provide a road-map to move forward. We enjoyed the easy read and would recommend this to our readers. On a scale of 1-to-10, this is a 10!

About the Author: Local West Neck resident Karen Reed Hadalski was born in California and lived many years in the Pittsburgh and Philadelphia areas of Pennsylvania. She holds a Bachelor of Arts degree (Magna Cum Laude, Phi Beta Kappa) from Temple University and a Master of Arts degree in English and American Language and Letters from Boston College. She also did post-Master studies in the Ph.D. Program at Boston University, where she was awarded both a scholastic scholarship and teaching fellowship. Release date is February 2, 2012, and will be available online at amazon.com, Barnes&Noble.com & PDBookstore.com. For questions or comments, you can reach Karen at 426-7688 or by e-Mail: karenreedhadalski@gmail.com. Also, please visit her Web site at [karenreedhadalski@gmail.com](mailto:karenreedhadalski@gmail.com). Also visit her website at [www.KarenReedHadalski.com](http://www.KarenReedHadalski.com).



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