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Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, Karma Yoga for Beginners, Ravindra Kumar, Karma yoga is the first of the vedic methods recommended for self-realisation. It is the path of selfless action in which one does one's duty without expecting any reward. By sacrificing the fruits of one's actions to God, one is not bound by karma and one develops equanimity. This is the whole purpose of Karma yoga. This book presents Karma yoga in a simple and comprehensive way.

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