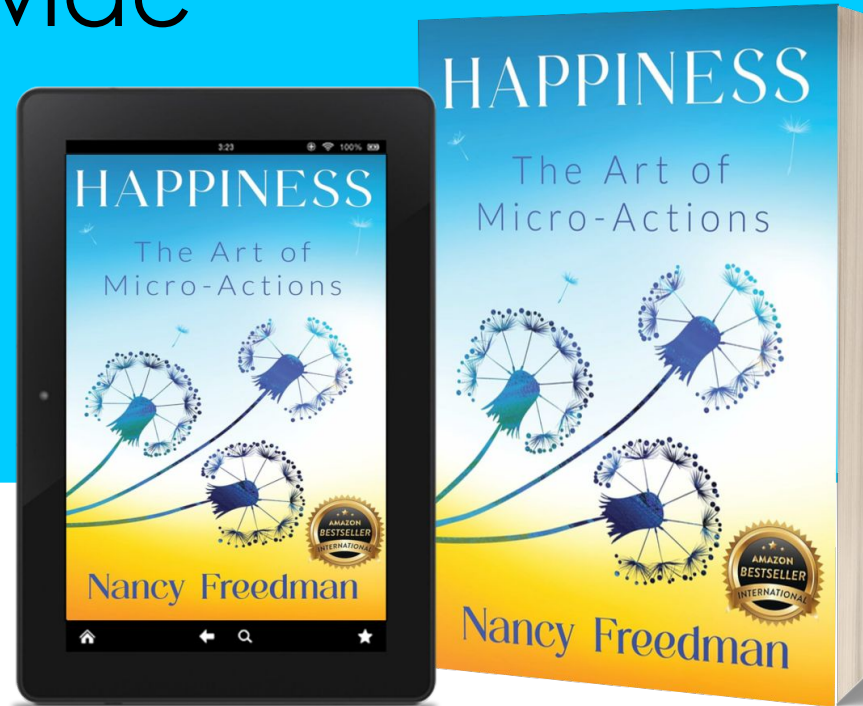


Sales and Worldwide Ranking Report

Nancy Freedman



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About Nancy Freedman



Nancy Freedman is guided by a deep sense of purpose shaped early in her life. At the age of 22, she experienced a profound loss when her younger sister passed away suddenly. This life changing event altered how Nancy viewed the world, inspiring her to seek meaning, value, and intentionality in everything she does.

Driven by a desire to understand what motivates and sustains people, Nancy has spent years continuously learning and gathering insight through both education and lived experience. This commitment has helped her navigate life's challenges with greater clarity, resilience, and joy, wisdom she is passionate about sharing with others.

With professional training and extensive experience in the healthcare field, Nancy brings practical knowledge that has proven invaluable not only in her work but also in managing her own health and that of her family. She finds deep fulfillment in empowering others with information that can improve well being and quality of life.

Thoughtful and open minded, Nancy values discussion over debate, preferring to listen carefully and consider diverse perspectives. Family is at the center of her life, and she is deeply committed to helping those she loves, and those around her, find balance, purpose, and happiness.



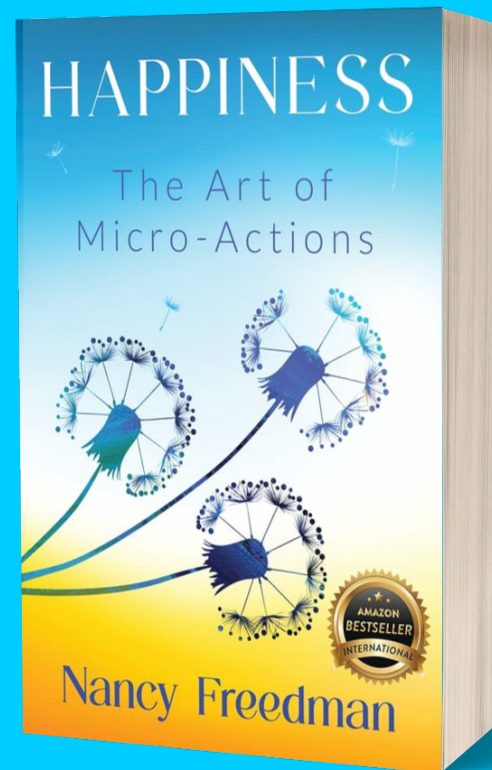
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Publisher : Made to Change the World Publishing

Accessibility : [Learn more](#)

Publication date : May 4, 2025

Language : English

File size : 2.8 MB

Screen Reader : Supported

Enhanced typesetting : [Enabled](#) ▼

X-Ray : Not Enabled

Word Wise : [Enabled](#) ▼

Print length : 150 pages ▼

Page Flip : [Enabled](#) ▼

Best Sellers Rank: #3,816,639 in Kindle Store (See Top 100 in Kindle Store) ←

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Customer Reviews: 5.0 ★★★★★ ▼ (2)

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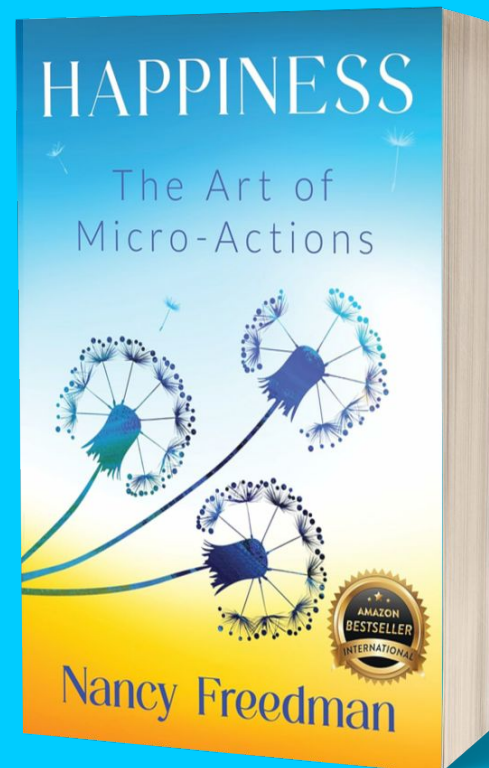
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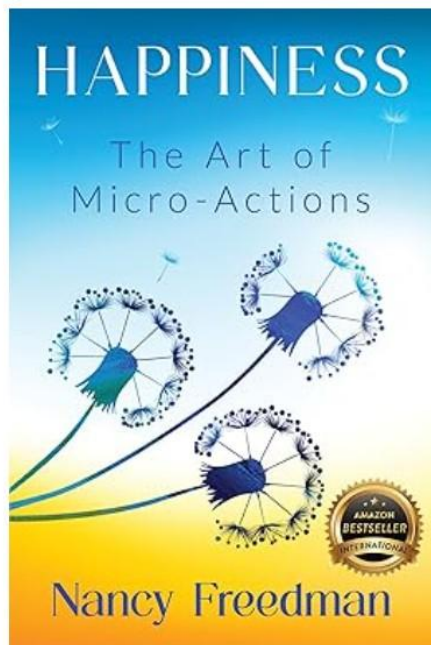
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Happiness: The Art of Micro-Actions Kindle Edition

by Nancy Freedman (Author) | Format: Kindle Edition

5.0 ★★★★★ (2)

#1 Best Seller in Self-Help Affirmations eBooks



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Are you waiting for happiness to arrive? Too often we wait for the perfect relationship, the perfect job, or the perfect life to bring happiness to us. But what if your happiness wasn't dependent on everything that goes on around you but rather everything that goes on inside you?

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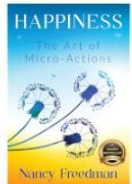
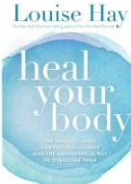
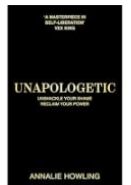
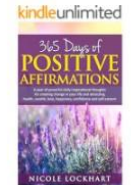
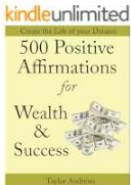
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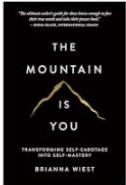
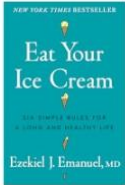
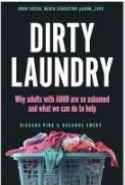
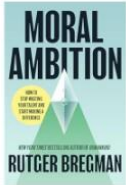
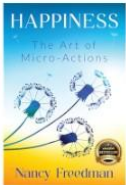
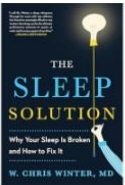
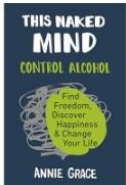
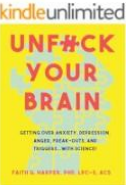


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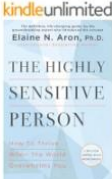
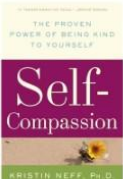
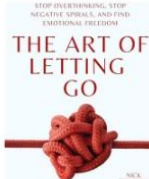
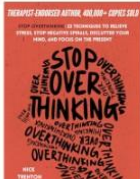
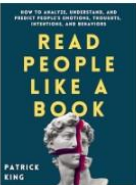
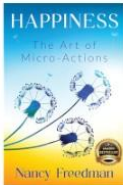
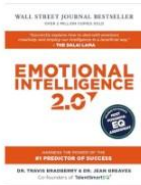
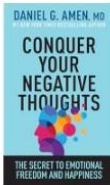
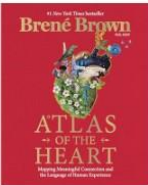
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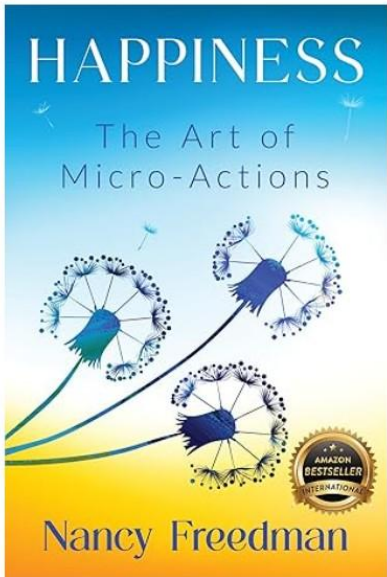
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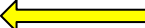
Before Promotion Reviews



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Happiness: The Art of Micro-Actions Kindle Edition

by Nancy Freedman (Author) | Format: Kindle Edition

5.0 ★★★★★ (2) 

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Are you waiting for happiness to arrive? Too often we wait for the perfect relationship, the perfect job, or the perfect life to bring happiness to us. But what if your happiness wasn't dependent on everything that goes on around you but rather everything that goes on inside you?

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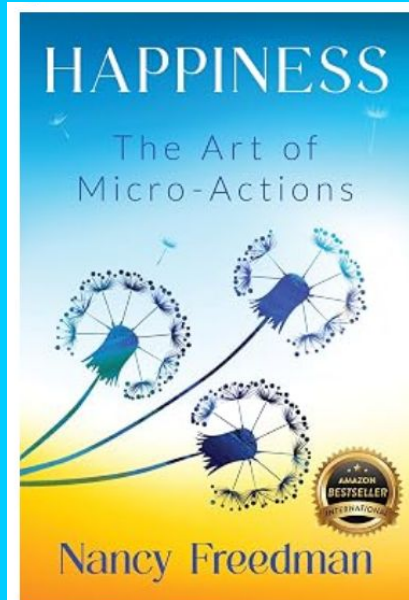
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Print length	Language	Accessibility	Publication date	File size
 150 pages 	 English	 Learn more	 May 4, 2025	 2.8 MB





After Promotion Reviews



Read sample

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4.8 ★★★★★ (15)

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150 pages

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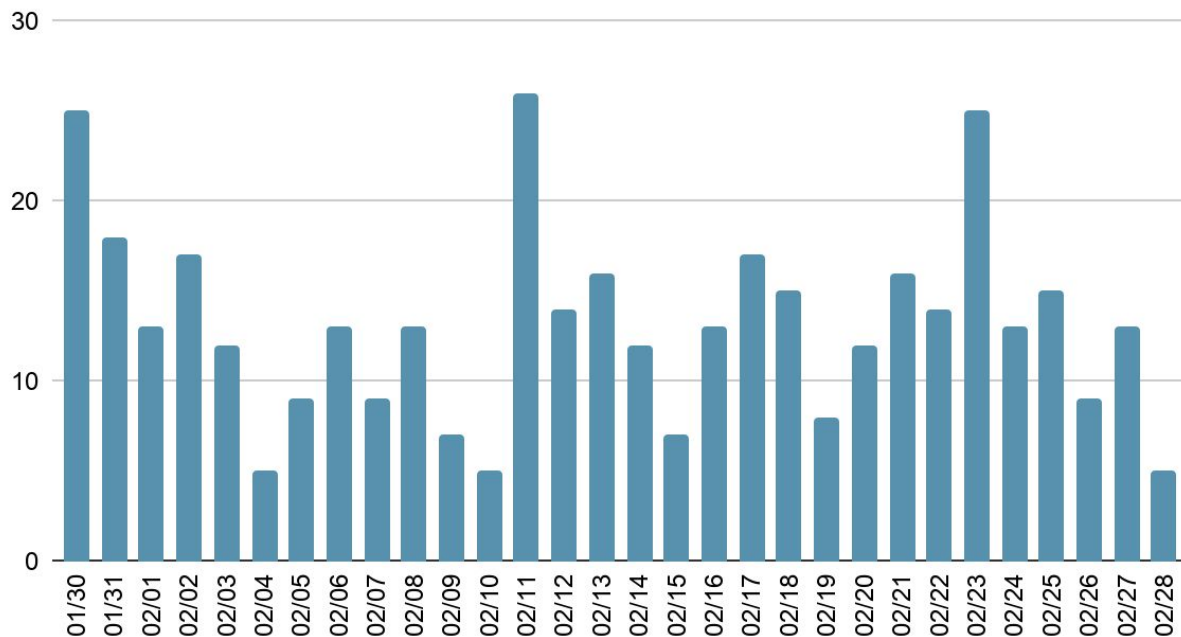
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#Sales per Day

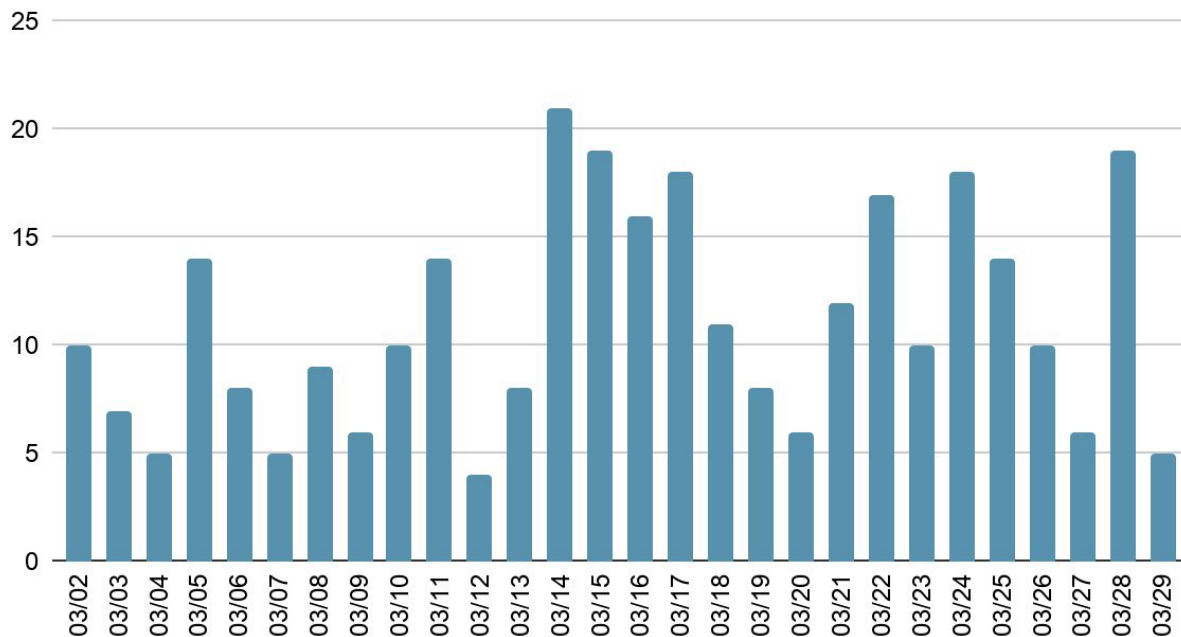


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(Month 1): 396



After Promotion Sales (Month 2)

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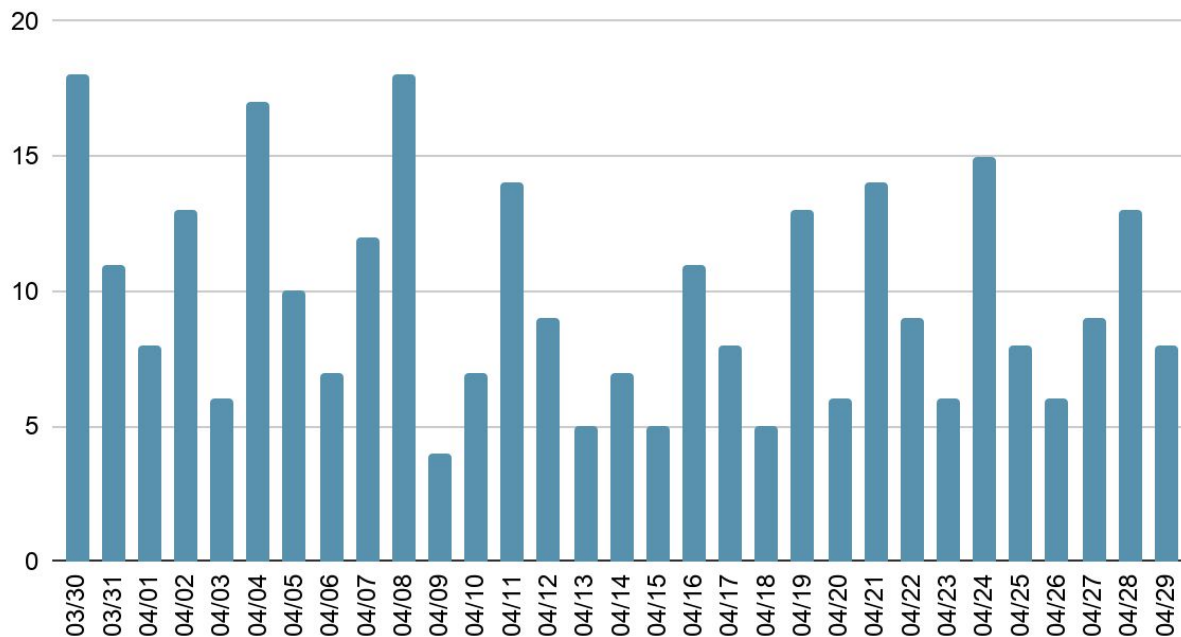


Total Promotion Sales
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After Promotion Sales (Month 3)

#Sales per Day



Total Promotion Sales
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Happiness: The Art of Micro-Actions - The Book Revue



Happiness is often sold as a finish line, but Happiness: The Art of Micro-Actions quietly dismantles that idea and replaces it with something far more workable. What makes this book stand out is its insistence that change does not require reinvention. It asks for attention, intention, and small choices that actually fit into real life.

Reading this book feels like a gentle reset. There is no pressure to fix everything at once, and there is no guilt involved. It makes people feel better and more curious instead. As you read, you start to notice your own patterns. This isn't because you're being challenged, but because the ideas are honest and familiar. The experience is both reflective and uplifting, and it often leads to small moments of recognition that stay with you after you finish the book.

At its heart, the book explores happiness as a practice rather than a reward. Themes of agency, self awareness, and consistency run throughout, reminding the reader that meaning is built through everyday actions. These ideas are important for more than just personal growth; they also apply to work, health, relationships, and the quiet times that people usually don't notice. The idea of micro actions seems to be universal because it takes into account the limits and realities of modern life.

Nancy Freedman writes with clarity and warmth, using short reflections and approachable examples that keep the pace moving. The structure mirrors the philosophy of the book itself. Small parts, easy-to-understand ideas, and useful tips that never feel too much. Her language is clear and direct, and she often puts new spins on old ideas that make them feel new instead of old. The simplicity is intentional and works well because it lets the message get through without any distractions.

What makes the book memorable is its steady reminder that happiness is not hidden or withheld. It is shaped by choices that are so small that they are easy to miss. At the end, you don't get a list of things to do or a promise; you get a new way of looking at things. This book is important because it shows a realistic way to move forward. One step, one action, and one day at a time.

