

Recent Big Picture Scrapbooking Survey Suggests Scrapbooking Boosts Self Esteem

Expert Agrees and Says that the Creative Outlet and Focus on Positive Connections with Family, Friends and Community are Strong Contributors to Feeling Good during a Slow Economy or Hard Times

Vancouver, WA. (April 13, 2009) – Big Picture Scrapbooking, the world's leading online education resource for scrapbooking, today announces that a survey of top students from around the world suggests that scrapbooking can help to build self esteem. Expert Sunny Schlenger, a professional organizer, author and veteran mentor of over 30 years, agrees. She assists people in their quest for self-realization, productivity and peace and sees how scrapbooking can have a positive impact on personal self esteem.

"The true essentials to feeling whole, especially when hard times are upon us, are the strength of your connections with family, friends and community," said Schlenger. "Big Picture Scrapbooking offers a creative forum and online community that inherently makes people more conscious of what is good in life – cherished moments, people and relationships. For example, in a down economy, many have taken a blow to both their pocket books and their self worth. By focusing on something like creating a memory book that focuses on their closest relationships and shared experiences, it is a reminder that life is full of positive moments, big and small. This feeling of abundance can be a great boost to their self esteem."

Big Picture Scrapbooking offers a unique approach to scrapbooking that unlocks a person's creativity and helps them to celebrate life's special moments. What makes Big Picture Scrapbooking online workshops and projects unique is their step by step thematic approach and variety of expert instructors who aim to inspire students. Top students surveyed share how Big Picture Scrapbooking is part of their personal self discovery and positively impacts their lives.

"It's the self discovery, the "ah ha" moments, and the way that the projects/courses/workshops make you think about yourself, your attitude, and your outlook on life. I really think they assist you in becoming the person you are supposed to be," said Sheila Melo of Burbank, California. "I really like everything that goes into a project or workshop. I think the message boards are my favorite. It is so cool to be able to "chat" and make friendships with other people that share your same interests from all over the world."

"Big Picture is not just about learning the latest in techniques and creating a unique scrapbook page or album. You'll do that at the same time that you are expanding yourself as a person," said Laura Stroebel of Cedarburg, Wisconsin. "Where else are you going to find, tucked into scrapbook design medium, a class on choosing joy and gratitude in your life instead of dwelling on the negative things that surround us every day? Where else will you learn secrets that will change the way you view life from top photographers and artists in simple, do-able steps? Big Picture Scrapbooking has changed my philosophy in life. I am learning from amazing women to savor life a little more and capture that in a form that my friends and family can enjoy and learn from for years to come.

"Every time I take a class, I feel I have become a better person, become more in touch with myself and have more to live for as well as having wonderful projects, ideas, and layouts to take away," said Julia Mueller of Cross Roads, Utah. "I feel like I am part of a community and like the give and take between the students and teachers."

Big Picture Scrapbooking continues to deliver innovative courses to inspire creativity and personal development. Below are a few upcoming courses and projects that students can download on demand:

- [Life Well Crafted](#) – A yearlong online workshop that starts May 7th and can be taken month by month that helps you celebrate and learn how to have "Great Expectations" for the future through the power of hope (and scrapbooking). Price: \$18.00
- [Everyone Can Write a Little – The 2009 MicroBlog Album Workshop](#). This new, four week online workshop starts May 14th and illustrates how Twitter or Facebook can make you keep a better journal where you create a cool digital hybrid album to showcase your results. Price: \$35.00
- [Family Gratitude Spinner](#) – A fun creative project that can be instantly downloaded and celebrates your family photos. Price: \$12.00
- [Just Between Us](#) – Through the pages of a secret notebook, this instant download class is inspiration for a simple, fun, and customizable solution to staying connected with those you love. Price: \$10.00

“Scrapbooking is a fun, creative way to celebrate and share life’s special moments,” said Stacy Julian, founder of Big Picture Scrapbooking. “I have personally seen scrapbooking bring a lot of joy and self discovery into people’s lives. In fact, many of the courses we offer are designed to do exactly that.”

About Big Picture Scrapbooking

Big Picture Scrapbooking (bigpicturescrapbooking.com) is the leading online education program for scrapbooking worldwide. Their focus is to inspire while making scrapbooking fun and easy for everyone. To learn more visit www.bigpicturescrapbooking.com.

About Sunny Schlenger

Sunny Schlenger is a professional organizer, author and mentor with over 30 years of experience as a pioneer in her field. She helped launch the “custom-tailored” approach to getting organized in the 90’s with her best-selling book, *How To Be Organized In Spite Of Yourself*, whose approach was licensed by Harvard University’s training and development program. She then took the concept of organizing to the next level by integrating it with spirituality. The result, *Organizing for The Spirit* was published in 2004.

In addition, Sunny has also been named as a “flow master” by Charlene Belitz and Meg Lundstrom, authors of *The Power of Flow* (New York: Random House, 1997). The title designates someone who is one of a group of people “highly engaged in the natural, effortless, unfolding of life in a way that moves them towards wholeness and harmony.” As a consultant, author, coach and mentor, Sunny has worked with thousands of people, assisting them in their quest for self-realization, productivity and peace.

Sunny earned her B.A. in Social & Behavioral Sciences from The Johns Hopkins University and her M.Ed. in Counseling from UNC at Chapel Hill.

To learn more, visit <http://www.suncoach.com/>.

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