

## Antisocial Media

**Façadebook** is unreality.

**Twitter** is for the birds.

**Instagram** =

**insta(bility)** linstə'(bilədē) | Igram | noun (plural instabilities)  
lack of stability; the state of being unstable: political and economic instability, tendency to unpredictable behavior or erratic changes of mood

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**-gram** | Igram | in nouns denoting something written or recorded (especially in a certain way): cryptogram | heliogram.

**Need help weening yourself from anti-social media?**

**Check out this motivational video: <https://vimeo.com/242569435>**