

# Social Sanity in an Insta World

*by Kruger, Jen Wilkin, Emily Jensen, Laura Wifler, Ruth Chou Simons, Gretchen Saffle*

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## Synopsis

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author	Sarah Eekhoff Zylstra, Melissa Kruger, Jen Wilkin, Emily Jensen, Laura Wifler, Ruth Chou Simons, Gretchen Saffles, Stephanie Greer, Ana &acute;vila
readBy	Sarah Gammage
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Why do I feel so irritated after being on social media? I just spent way too much time scrolling Instagram! Why is everyone on Facebook having more fun than I am? Should I delete all my accounts?

Social media can be both a delight and a disaster for women who want to love God and love their neighbor. The industry has grown so fast that it's been hard to figure out how to handle it wisely: In less than 20 years, more than 75 percent of American women have signed up for an account. The latest surveys show Americans spend more than two hours a day scrolling, posting, and liking. How can we navigate this area of our lives with grace and discernment?

Join nine authors as they explore social media's potential and pitfalls along with the biblical principles we need to honor the Lord online.

## Reader's comments

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