

# **On Unhealthy Social Media Use / If Epicurus Were Alive Today, Would He Use A Smartphone?**

**Post by “Matt” of January 15, 2021 at 6:38 PM**

[Elayne](#) yes that was a good article. Glad you saw it!

What’s interesting though is what happens when the things a person falsely suspects to be true are proven false? Many times, based on my tried an true observations of people I know, they simply “move on” without concern. Or they will backpedal and try to distance themselves from what they claimed. But the behavior doesn’t change...just on to the next “theory.”