

Why You May Want to Ignore Those Social Media 'Likes'

It began with a photo. An innocent photo of Lisa-Jo Baker and her daughter, then 6 years old, after her kindergarten play. A sweet photo of a tender memory.

But when Baker, social media expert, blogger and author, looked at it later, she tells Dr. Barbara Lowe on "Dr. Barbara's Whole Life Podcast" on Charisma News, "The first thing I saw was like, 'Ah, that was such a great moment.'"

A few seconds later, Baker's critical eye kicked in. "I noticed that because I'm crouched down ... there's my muffin top just peeking over my jeans in a very unflattering angle."

That's when she realized she had a choice to make—just like any other woman who finds herself facing a similar dilemma, so common in these days of constant social media exposure. Baker discusses this and more in her latest book, *The Middle Matters*, a collection of reflections on midlife.

"You can either delete that picture because you decided you don't want people to see it," Baker says. "Or you can tell yourself, 'No, that's not the story of that picture. The picture is not a story about my body. The picture is a story about my relationship with my daughter.' And you get to choose ... you get to write a new narrative in your own head."

Baker adds a critical truth: "When I attach my identity to the number of likes I get on Facebook or Instagram comments, or the photo of myself, it's a dangerous place because that is sinking sand. ... What I've learned over the years is that God is the rock He promises to be, and His perspective of me is unchanging."

Hear more of Baker's insights on an abundant midlife season in

the podcast.