

FAKE BOOK

This oil-painting (20x20 cm.) is a mini protest against Social Media. Besides the profits, it doesn't really make you social and relaxed. It causes burn-outs due to erethism and FOMO, *fear of missing out*. You're not enjoying living in the moment, but you're constantly busy being elsewhere. Multitasking, an illusion, brings stress. The creation of a virtual self takes a lot of time. Just give your partner the fullest attention and don't tweet at the same time you're having fun together.

This painting is a duck-face self-portrait at my mobile on Facebook. It is titled *Fake book*, to poke fun at the fake ideal selfies online. A duck-face is a selfie with the lips pressed together as in a prout and the cheeks sucked in, resembling a duck.

There is a lot of symbolism in this painting. The mobile is located in the window-sill, against the window-glass, to express the two worlds: the virtual and the real world. The great tit flew inside in order to make live contact with the real world, trying to communicate with the twitter icon. The great tit is a symbol for the truth, reality and care freeness. There is also a crack in the mobile screen to emphasize it is really a virtual world. A mobile is only a gadget. You communicate, but in the end you're alone.

The numbers in the likes and notifications are also symbolic:

1 represents 'the loner' to indicate you're social, but in fact you're alone due to Social Media.

4 represents the average number of years people are spending on Social Media.

101 represents the average number of Facebook friends in the Netherlands.

And finally, when you add /gaby14101 to the URL-link: www.facebook.com you will see my Facebook page, just to express mealy-mouthed the benefit of having a Facebook account.