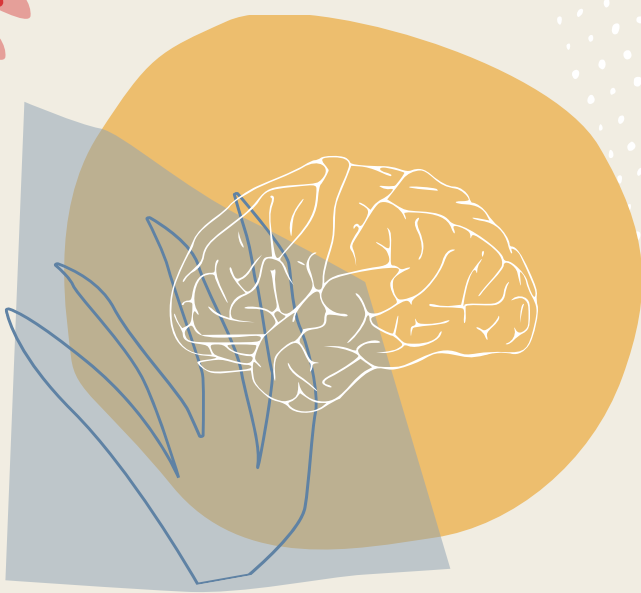


The Myth That We Only Use 10% of Our Brain

The Origin of the Myth

In the early 1900's, William James wrote a book stating that, 'We are making use of only a small part of our possible mental and physical resources.' People misinterpreted this and believed that humans were not able to using their whole brain and that most of the brain unused.



Common Misconceptions

- We only have access to 10% of our brain
- The other 90% can be 'unlocked'
- There is 90% of our brain unused

Proving That This is False

Many brain imaging scans can show that we use almost every region of our brain to do simple tasks like talking and walking.



Humans would not have evolved such large brains if we were only using 10% of it.

Fun Facts

- Some superheroes in comics or movies claimed to have access to their entire brain which led to further belief of this myth.
- Brain mapping has shown that there is no region of the brain that does not serve a purpose.
- If this myth were true, people who previously suffered brain damage would not notice any change.
- There isn't a single area of the brain that can be damaged without resulting in some change.
- This myth has been used in many movies, including Lucy, made in 2014.

INFORMATION SOURCE

VERY WELL MIND
[HTTPS://WWW.VERYWELLMIND.COM/10-PERCENT-OF-BRAIN-MYTH-2794882](https://www.verywellmind.com/10-percent-of-brain-myth-2794882)