Neuromyth 4

*We only use 10% of our brain*

One of the most persistent and widely spread brain myths states that we only use 10% of our brains. What a shock, if we think of the 90% of our brain potential, that we don’t use! Users of an Internet forum tried to explain this phenomenon: "Sure that we do not use all of our brain", writes one of them, "because then we could not learn new things, as all of the brain capacity would be already used". Another person, on the contrary thinks: "we only use a part of our brain, the rest serves as a reserve. We continuously lose brain cells. That means: In the course of our life we use all of them!" Apart from these explanations, the 10% myth is used in advertisement campaigns. Most often it is found in connection with certain new-age brain jogging products, which promise the access to huge unused brain areas- but the sellers profit most from these products.

-all existing data shows that we use a 100% of our brains-

Were does this myth come from?
Arguments against the 10% myth: We use 100% of our brain.

More references:
Do we really only use 10 percent of our Brains

Related documents:
- Neuromyth 1 (English)
- Neuromyth 2 (English)
- Neuromyth 3 (English)