

Why is the myth we only use 10 percent of our brain so hard to bust?

By now, perhaps you've seen the trailer for the new sci-fi thriller *Lucy*. It starts with a flurry of stylized special effects and Scarlett Johansson serving up a barrage of bad-guy beatings. Then comes Morgan Freeman, playing a professorial neuroscientist with the obligatory brown blazer, to deliver the film's familiar premise to a full lecture hall: "It is estimated most human beings only use 10 percent of the brain's capacity. Imagine if we could access 100 percent. Interesting things begin to happen."

Of course, the idea that "you only use 10 percent of your brain" is, indeed, 100 hundred percent bogus. Why has this myth persisted for so long, and when is it finally going to die?

The 10 percent claim is demonstrably false on a number of levels. First, the entire brain is active all the time. The brain is an organ. Its living neurons, and the cells that support them, are always doing something. (Where's the "you only use 10 percent of your spleen" myth?) Joe LeDoux, a professor of neuroscience and psychology at NYU, thinks that people today may be thrown off by the "blobs"—the dispersed markers of high brain activity—seen in functional magnetic resonance imaging (fMRI) of the human brain. These blobs are often what people are talking about when they refer to the brain "lighting up."

Read the full, original story: [Humans already use way, way more than 10 percent of their brains](#)