You hear them so often they must be true! Or are they? Popular myths about the human brain include old chestnuts like people only use 10% of their brains, too much sugar sends kids into hyperdrive, and there are left-brain and right-brain personalities.

How did these beliefs get started and why are they so widespread? Charles Blue and Ludmila Nunes take a skeptical deep dive to explore some the most common myths about psychological science and the
These are just some of the facts and debunking you’ll find on the Association for Psychological Science’s Myths and Misinformation Research Topic page.