

People with full bladders 'make better decisions', scientists discover

March 02, 2011

The Telegraph:

Researchers discovered the brain's self-control mechanism provides restraint in all areas at once.

They found people with a full bladder were able to better control and “hold off” making important, or expensive, decisions, leading to better judgement. _

Psychologists from the University of Twente in the Netherlands linked bladder control to the same part of the brain that activates feelings of desire and reward.

Read the whole story: [The Telegraph](#)