**A New Way of Thinking About the Brain**

For years, people have used the terms ‘left-brained’ and ‘right-brained’ to describe personality types; logical, analytical people with an eye for detail are assumed to prioritize the left-hand side of their brain, and creative and subjective people are thought to use mostly the right-hand side of the brain. However, recent research from the University of Utah has cast doubt on this premise.

Jeff Anderson, M.D., Ph.D., the study’s lead author, noted: “It’s true that some brain functions occur in one or the other side of the brain. Language tends to be on the left, attention more on the right. But people don’t tend to have a stronger left- or right-sided brain network. It seems to be determined more connection by connection”.

The research entitled *An Evaluation of the Left-Brain vs. Right-Brain Hypothesis with Resting-State Functional Connectivity Magnetic Resonance Imaging*,studied resting brain scans of 1,011 people between the ages of seven and 29. The scientists analyzed 7,000 brain regions for lateralization of brain function, in other words, the phenomenon of certain processes taking place predominantly in the left or right hemisphere, and found no evidence that individuals preferentially use either hemisphere more frequently than the other.

This is ground-breaking research, as it offers a different way of thinking about the way people use their brains. “Everyone should understand the personality types associated with the terminology ‘left-brained’ and ‘right-brained’ and how they relate to him or her personally; however, we just don't see patterns where the whole left-brain network is more connected or the whole right-brain network is more connected in some people. It may be that personality types have nothing to do with one hemisphere being more active, stronger, or more connected,” Nielsen said.