ADOLESCENCE EXTENDS TO 30S, SAYS STUDY

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Research at the University of Cambridge analysed nearly 4,000 brain scans and discovered that the human brain develops in five stages, with major shifts at ages 9, 32, 66, and 83. The study shows that adolescence lasts until the early thirties, when the brain reaches its peak. These patterns help explain changing risks of mental health conditions and dementia across life. Scientists say the brain keeps rewiring throughout our lives, although people may reach these stages at slightly different ages.

