

Review of: "Philosophy as a Way of Life as a Pathway to Recovery for Addicted Individuals"

Michael Barr¹

¹ University of Newcastle-upon-Tyne

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As this paper has already appeared in print, I will limit my comments to things you may wish to consider in future work. One of the best aspects of the paper was its attempt to actually do philosophy as a way of life (PWL) rather than just provide interpretative commentary on past philosophers as many authors working in this area do. Addiction is an area where PWL could make a significant impact and I hope you continue to publish on this topic.

I have 6 brief comments:

1. In future papers it would be helpful to relate LBT to CBT and other forms of rational emotive behaviour therapy. Cohen writes that LBT is 'both humanistic and cognitive-behavioral in character' (2016, xvi). He contrasts LBT from CBT by claiming that 'LBT looks for fallacious premises in people's here and now practical reasoning to help them change their reasoning' (2016, xxii). If I'm honest this still sounds a lot like CBT to me. So I think readers would appreciate knowing more about what makes LBT distinct.
 2. PWL was not dormant between ancient philosophy and Nietzsche and is certainly not limited to Western philosophy. For instance, may benefit from looking into how to the writings of Spinoza, Montaigne, and Chinese literature on self-cultivation.
 3. In future work, I'd treat Nietzsche with a bit more nuance and context – or to put this another way, you cannot be assured that someone will reach the conclusions you think they will upon reading him.
 4. Steps 4 and 5 in LBT seem crucial. How do LBT counsellors know which 'guiding virtue' to select? Is Cohen the only source here? Could there be more than one virtue? Similarly, how do you choose the corresponding philosophical perspective? You write it depends, in part, on the counselee's belief system. So how does LBT determine what that is? And when there may be competing philosophies to adopt, how does a counsellor choose which one to prescribe?
 5. Do you have data which can speak to the outcome of your cases? This would help strengthen your work.
 6. Although this paper has already been published, I found the interlude on ideology to be out of place. I enjoyed the points you were making but they did not connect to the remainder of your argument.
- Good luck with your future projects.