Review of: "Nietzsche's Affirmation of Life: An Exemplar of an Uplifting Philosophy for Logic-based Therapy for Addiction Recovery"

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These comments do not call the article into question, and it can be published as is. It's a good article.

For the theoretical chapter

I'd like to see a synthesis of the guiding ideas of this theoretical chapter: for example, a comparative table between Nietzsche's nihilistic and critical approaches.
I would have liked to see in the chapter preceding the case study an idea of the 12-Step Program, that of Buddhism, and Stoicism.

For the building of a plan of action

I would have liked to see the whole protocol of challenging the flawed thinking of existential perfectionism implemented here.

For the implementation of the plan of action

The two deterministic and indeterministic positions on the human condition had to be developed and discussed beforehand.

The 6th step did not take into account all the theoretical framework presented at the beginning, particularly that relating to the fallacy of existential perfection, the guiding virtues that can derive from it, and the philosophy of self-knowledge.

For Behavioral Recommendations

Does this spirit exist in the majority of people? I'm afraid not, and it requires education above all.
Besides, a person needs to know his social representations more than his erroneous thoughts. Working on representations and classifying them (into hard core and peripheries) would make replacing the often emotional initial reasoning with guiding virtues more judicious. Read the article on social representations by Wassef Hammami et al. :

Les représentations sociales du cannabis chez les étudiants en « Éducation et Enseignement », futurs professeurs des écoles : intérêts, limites et perspectives pour une didactique des « Éducations à… »