

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

Austin Brown¹

¹ Syracuse University

Potential competing interests: No potential competing interests to declare.

This article is quite profound, while also elucidating the practical therapeutic implications of LBT. This article relies on a lot of high theory and philosophy to lend what I would consider empirical backing for many of the various truisms one finds in recovery philosophy. The gift that this article presents is that the author both acknowledges and makes use of both broader philosophical elements, while bringing up the various truisms in recovery philosophy to which they are bound, all while offering a concise and actionable case study to demonstrate the author's assertions as to the role of logic based work with clinical clients who struggle with substance use disorders.

I have no inputs as to the content, and have no changes I would consider. The article uses a solid list of references (which would benefit the reader to explore), quotes, and discussions to walk the reader through, even if they are not as well versed on the philosophical tradition outlined by the author. This article would benefit most clinicians, and those interested in recovery processes such as recovery scientists. Well done.