

# Review of: "Addiction: A Decease Theory with a Definitive Piousness-Spiritual Correlation"

Wenwen Shen

**Potential competing interests:** No potential competing interests to declare.

Dear Van Rooyen,

I am interested in your topic about the notion of the Higher Power in the 12-step program. The religious concept is critical in the carrying out of these programs, yet builds obstacles in non-religious populations.

Born and living in a non-religious country, I gradually developed an existential philosophy of living that provides the meaning and fulfillment of my life. Yet I found it very difficult to convey these philosophies to a drug user or a drinker who believes that the purpose of life is to experience happiness and to enjoy the good stuff. I studied the history of Buddhism when I was much younger and noticed the existential nature at its core, and I noticed that this core gradually diluted when it passed on to the masses, maybe because it is too spiritual to understand. And most Buddha believers, if not all, may just seek psychological support/security in the Divine and Mighty. I think these situations are similar to what is observed in the 12-step programs, in that individuals have different versions of the Higher Power, and in that either the existential feature or psychological security and attachment may help the individual away from drug use.

However, concerning your essay, I have to say that I have difficulty in understanding what you tried to convey to the readers. I was expecting a more academic study or review, yet I don't feel it was like that. Maybe one of the problems is the language, and I think a careful proofreading by a native English speaker is necessary. I would also like to know how we could introduce the concept of the Higher Power to those in non-religious populations, especially those with non-Christian backgrounds, and how it can be titrated to everybody.