



Life on the Rocks: Finding Meaning in Addiction and Recovery

Peg O'Connor

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Addiction and recovery are, at their core, about the meaning of life. *Life on the Rocks* is the first book to address addiction and recovery from a Western philosophical perspective, offering a powerful set of tools sharpened over millennia. It introduces some of the core concepts and vexing questions of philosophy to help addicts and those affected by their addiction examine and perhaps transform the meaning they make of their lives.

Without assuming any familiarity with philosophy, Dr. O'Connor illuminates issues all addicts and their loved ones face: self-identity, moral responsibility, self-knowledge and self-deception, free will and determinism, fatalism, the nature of God, and their relations to others. *Life on the Rocks* is an indispensable guide to the deeply philosophical concerns at the heart of every addict's struggle.

Peg O'Connor, PhD, is professor of philosophy and gender, women, and sexuality studies at Gustavus Adolphus College in Minnesota. She is the author of the popular Psychology Today blog "Philosophy Stirred, Not Shaken" and contributor to the Pro Talk series at Rehabs.com.

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