



Research Paper: Life-Based Therapy (LBT): Applying a New Approach to Positive Psychology and Psychotherapy



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Abstract

Objective: The present study aimed to propose *Life-Based Therapy* as a novel approach within the fields of positive psychology and psychotherapy. Life-Based Therapy, also known as Life Therapy, is a therapeutic method that addresses core issues related to one's Life. It emphasizes a deeper understanding of existence, passion for life, hope for the future, and overall longevity. The goal is to enhance well-being, effectiveness, and personal value by focusing on key life elements such as motivation, interest, desire, tension, fulfillment, attachment, love, passion, and well-being.

Methods: This study employed a descriptive and exploratory research design. The statistical population consisted of theories, techniques, studies, and research conducted in the fields of psychotherapy and counseling. Life-Based Therapy was formulated and refined based on the author's extensive professional, academic, and consultative experience, incorporating relevant theories and existing research within the domain.

Findings: Life Therapy provides a framework for understanding the complexities and challenges of life. It encourages individuals to view each moment as an opportunity for existence, growth, and self-realization. By forming a comprehensive picture of a client's life and its multiple domains, the therapist can help the client avoid inefficiencies and wasted time. The therapy supports individuals in defining various areas of life and actively working toward meaningful goals in each of those areas.

Conclusion: Life-Based Therapy offers an innovative and structured approach to psychotherapy, focused on enhancing awareness and consciousness of life. It empowers individuals to adapt to life's challenges in a constructive and efficient manner. This method promotes purposeful living and aligns therapeutic intervention with the broader aim of achieving balance, passion, and fulfillment in all aspects of life.

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1. Introduction

Life psychology focuses on existence, life, enthusiasm (passion) for life, hopes for the future, and longevity. The primary objective of life psychology is to assist individuals in navigating fundamental concerns and obstacles in their lives. One of the primary responsibilities of psychotherapists and counselors is to assist clients in achieving fulfillment and enhancing their quality of life. Life psychology aims to help individuals in attaining a fulfilling, meaningful, and comprehensive existence. The psychology of life examines an individual's social and personal development. Life psychology may encompass examining aspects such as the style and manner of Life. Individuals live according to their own set of beliefs. Existence and its way of existence constitute the central theme of life psychology. Life effectiveness is the central objective of the field of life psychology. Many facets of Life are discussed in life psychology, including the individual Life, Life in the span of Life, Life with health, life motivation, emotional Life, Social Life, intellectual or logical Life, Spiritual Life, and Life in general (Hassanzadeh, 2022).

Passion is a crucial component of a productive and successful life. Due to its unparalleled efficacy, it is the only method to confront Life's challenges. Passion is about embracing the existence of conflicting ideas and feelings, with the intention of nurturing a purposeful life that yields positive results. Enthusiasm is more than just tolerance, acceptance, or coping with a circumstance; it involves wholeheartedly enjoying the event despite our potential dislike. Passion refers to

the act of confronting and embracing various situations. Enthusiasm for Life entails a life perspective defined by elevated power, energy, liveliness, and Enthusiasm. An individual's passion for Life enables them to fully engage with the mental and bodily aspects of existence, thus decreasing stress levels and enhancing overall well-being. Whenever you encounter a significant challenge or obstacle in Life, it is not advisable to give up. Instead, resistance, persistence, and progressing forward are more effective strategies. Living a successful existence requires having values and being passionate about them. Life is constantly striving to attain elevated objectives and values. A positive mindset is a powerful approach to Life. If the issue is resolvable, use a proactive measure in line with your principles to address it. If the problem cannot be resolved, use the techniques of disintegration and fostering distance. Passion is a powerful need or craving for an activity. It may be found in several domains and is a quality that can be readily assessed. It pertains to those dedicated to performing exceptionally in a particular area. (Hassanzadeh and Talebi, 2023).

Individuals who possess a strong enthusiasm for Life exhibit distinct attributes and qualities. Their attributes and traits may be briefly defined as follows: 1. They exhibit a high level of activity, consistently engaging in tasks and displaying strong motivation. 2. They possess a more significant number of social connections. They can effortlessly get companions. 3. Their productivity and efficiency in Life are enhanced. 4. Their existence is intentional and structured. 5.

Their mood is more optimistic, and they fret less. 6. Their expectations and desires are rational and suitable. 7. Their outlook is more optimistic. 8. They exhibit a present-oriented mindset, avoiding excessive reflection on past events and future projections. "We spent the moments to reach happiness, unaware that the moments were the same happiness." "How late do we realize that life is just the days we are waiting for to pass." 9. They possess a strong character and exhibit self-honesty. 10. Individuals have extroverted tendencies and have a propensity for being quick-tempered. 11. They possess genuine self-awareness. 12. They can regulate their adverse sentiments and emotions. 13. They experience joy. 14. They possess rational and fitting principles in Life. 15. They possess exceptional leadership and managerial abilities. 16. They deeply grasp people and comprehend others more deeply. 17. They possess the ability to make decisions. 18. They possess excellent memory and learning abilities. They concentrate on the necessary information and have the capacity to retain it. 19. They engage in suitable physical activities and exercise regularly. 20. Individuals can alter their thinking and thereby transform their lives. 21. They refrain from making comparisons with others. They prioritize their objectives, their livelihoods, and their strategies. 22. Their marriages and sexual connections are more fulfilling. 23. They get regular, restful sleep. 24. They possess a regular eating routine and a need for food. 25. Their lives are significant. 26. They use the present, look to the future, and learn from the past. "Victory is not defined by never experiencing failure, but by

consistently persevering and recovering from each setback." 27. They possess a strong inclination towards benevolence. 28. They possess a comprehensive and accurate understanding of the truth. 29. They possess the ability to accurately and effectively assess individuals. 30. They are not defensive and get along well with others, the environment, and themselves. 31. They disclose their emotions honestly. They are at ease and have simplicity as well as spontaneity. 32. They demonstrate dedication to their responsibilities, tasks, objectives, and ideals. They require privacy 33. They can preserve their dignity in any circumstance. 34. They possess autonomy and can determine their values apart from the perspectives and actions of others. 35. They possess an enduring sense of joy and gratitude for existence. 36. They experience Life's development, growth, and completion. 37. They are motivated by an authentic and generous intention to assist the human race. 38. Their friendships are solid and enduring. 39. Their actions and performance adhere to ethical norms. 40. They are funny. "We must look for joys, but sorrows find us alone." 41. They are innovative and creative. 42. They search for constructive activities and exhibit Enthusiasm for novel experiences. 43. They possess the power to alter a person's Life drastically. "He who has firm determination alters the world according to his will." 44. They are exceptionally adept at concentrating on their movements and mannerisms. "Keep your whole mind focused on the task at hand. The sun's rays must be focused before burning" (Shahidi et al., 2022; Hassanzadeh, 2022).

The notion of hope has significant importance in this approach. Charles Rick Snyder, also known as the *King of Hope*, defines hope as a combination of "determination," "ability to overcome challenges," "having a clear objective," and "acknowledging obstacles." Emotional hope consists of two elements: cognitive and emotional. Cognitive hope involves using our knowledge to a certain degree and organizing information and facts based on anticipated occurrences. Hope is also linked to emotional anticipation, including tranquility, resilience, and emotional stimulation that arises while seeing a favorable mental future (Chiragpour Khonkhdar, 2023). A hopeful individual has specific attributes that set them apart from others. Below are a few items: They possess adept crisis management abilities, maintain unwavering self-assurance, exhibit more happiness compared to those experiencing depression, prioritize their objectives, demonstrate proactive and driven behavior, exhibit resilience by never surrendering, and consume alcohol. Alternatively, those who abstain from drug use exhibit intentionality, possess a heightened tolerance for pain, demonstrate diligence, have reduced feelings of loneliness or rejection, excel in their roles as parents, friends, and partners, exhibit accelerated recovery, encounter fewer adverse effects, and express contentment with their professional endeavors. Individuals with a greater capacity for recall, a heightened appreciation for spirituality, and a steadfast belief in problem-solving possess an unwavering core of attitudes. They refrain from dwelling on previous regrets and instead see themselves as optimistic

individuals rather than failures, crippled, or ill. Shahidi et al. (2022) argue that individuals possess emotions and convictions. During therapy sessions, individuals express feelings of existential fatigue, articulating sentiments such as Life being akin to a constricting enclosure, suffused with profound solitude, and a series of disillusionments. These suggest that several consumers must reemerge into existence and adopt a new perspective and understanding of Life (Sadat Madani, 2023).

1.1. Philosophical framework of therapeutic Life

Every method used in psychotherapy has a philosophical basis. Consequently, life therapy, also known as life-based therapy, has a particular philosophical and historical foundation. Among the philosophical tenets of this methodology are: 1. It is essential to examine each person's life story and relevant experiences. Subjects such as enthusiasm, curiosity, inventiveness, and willingness to live are significant. The emphasis is placed on connections that provide significance to Life, including familial, personal, societal, and other interdependent ties. 4- Prioritizing the comprehension of morality and cultivating an appropriate mindset towards Life in individuals. 5- Alleviating and eradicating individuals' concerns, such as anxiety, depression, and stress, while fostering a positive mindset towards Life. Studies and emphasis are placed on Goal-directed and healthy behavior, longevity with dignity, and good feelings such as happiness, hope, love, affection, self-love, and love for others and the world. 7. Emphasis is placed on comprehensive and cohesive behaviors.

This method focuses on the holistic examination of Life as a whole rather than analyzing and dissecting individual components. 8- In this technique, individuals confront the circumstances and events that occur in their lives. Psychotherapy is a collaborative process involving two individuals undergoing transformative therapeutic activities. Seek rational approaches in actuality. 10. The therapist's human attributes, including compassion, significance, kindness, integrity, sincerity, sensitivity, humor, cheerfulness, mental well-being, and others, facilitate the clients' journey through Life. 11. This approach is fundamentally optimistic; it emphasizes living a fulfilling, fruitful, and prosperous existence. 12. Individual happiness and health are planned and constructed for each person (Uchida & Rappleye, 2024).

1.2. Generating the Need for Life

An essential aspect of life therapy is assisting individuals in finding purpose and pursuing it. Within the context of therapeutic intervention, it is crucial to ascertain the client's existential purpose, the significance

they attribute to their existence, the many domains that include their Life, and the overall value they place on Life. Fundamentally, it has significance for him. Recognizing the value of Life is crucial in this perspective. Empirical observations suggest that some customers have a limited and restricted scope and sphere of existence. The growth and diversification of the client's circle of Life is one of the main objectives of the life therapy method. Factors like familial, social, personal, and professional connections and citizenship, leisure, health, and educational advancement may enhance the quality of Life. Assist. During the first intervention and therapy sessions, the therapist must ascertain whether the client has objectives and values based on these areas in his Life. Man must be able to conduct a successful social life, as he is a social being. In addition, they are of excellent quality. The number of circles and the number of objectives they are linked with should rise throughout therapy sessions and develop, or instead, make ready for the customers, a life that is worthwhile living. The customers' life cycle before and after is shown in Figure 2.

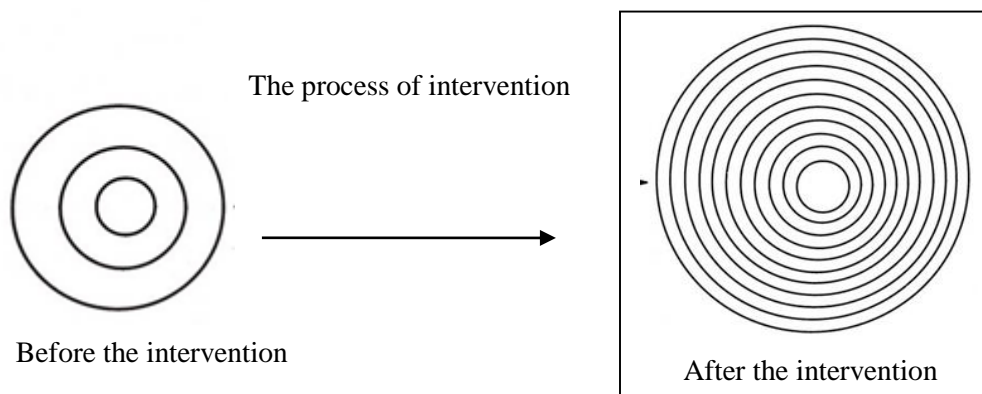


Figure 2. The customers' life cycle before and after.

2. Methods

3. 2.1. Research Design, Population, and Sampling

The current study methodology used a descriptive and exploratory method. The statistical population of this study encompasses all theories, techniques, investigations, and research undertaken in psychotherapy and counseling. Life-based treatment, often known as life therapy, has been formulated and refined via the author's extensive professional, educational, research, and consulting background and by drawing upon relevant ideas and studies in this domain. The meaning of life therapy refers to the use of life-based treatment or life therapy sessions in a series of 8 sessions, each lasting 90 minutes. These sessions were derived from [Hasanzadeh's](#) executive protocol (2022).

2.2 Instrumentation

The treatment protocol of life-based treatment is often known as life therapy (LT). The LT technique consists of 8 sessions, each lasting 90 minutes. It may be accomplished either in a group setting or on an individual basis. This protocol was first constructed using the information from the book "Psychology of Life" authored by Dr. Hassanzadeh. Therapists and experts may use

this protocol tailored to address clients' specific concerns and challenges, taking into account their individual, environmental, and personality factors. It is essential to modify the aims and activities of all treatment regimens to align with the participants' and subjects' study titles, variables, and circumstances. Table 1 displays the procedural details of life therapy (LT) sessions.

The Passion for Life questionnaire: The Passion for Life questionnaire is administered before and after the study. ([Hassanzadeh, 2014](#) as cited in [Hassanzadeh, 2022](#)) developed the Passion for Life Questionnaire. Hassanzadeh's Passion for Life survey comprises fifty questions. This survey utilizes a Likert scale. Weighing in on a five-point Likert scale from absolutely agree to disagree completely. Inverse scoring is applied to questions 8-11-13-16-19-24-27-33-44 (5 for complete disagreement and 1 for complete agreement). The remaining questions are graded directly (five for total agreement and one for total disagreement). Retest validity is 0.85, and 0.93 correlates with the set of items. The questionnaire, based on Hassanzadeh's passion for Life, was developed by the theoretical literature concerning health, life, and passion for life.

Table 1
Protocol of Life Therapy (LT) sessions (Hasanzadeh, 2022)

sessions	Objectives	Activities
First	Developing a therapeutic relationship, briefing participants on the subject matter and objectives of the study, and completing the pre-test	Administering the pre-test, acquainting the group members with the therapist and each other, articulating the guidelines that must be adhered to in the group, and presenting broad

		educational resources on Life and its outcomes
Second	Explaining ideas about the field of psychology and the human experience, psychology, and perspectives about Life and the human experience	Exploring inquiries regarding the fundamental principles and significance of existence, the objective of life, the fundamental components of life, and the aspirations of life. Generating optimism and anticipation for coping with life's difficulties and barriers, and proposing a project in the domain of constructing a guide or framework for life and its predicaments, along with a problem-solving methodology (including the utilization of relevant worksheets)
Third	Assisting an individual in discerning their life objectives and determining their priorities	Reviewing and analyzing the tasks from the previous meeting, engaging in dialogue regarding the emotions and thoughts of group members, reflecting on the process of creating specific behavioral and broad non-behavioral objectives, addressing short-term, mid-term, and long-term goals, instructing on Eisenhower's table or matrix, and presenting assignments in the form of decision-making compilation and life goals (accompanied by relevant worksheets).
Fourth	Clarifying the notion of passion for life and its significance in mental health	Analyzing and considering the previous session's assignments, instructing on the notion of enthusiasm for life, clarifying the traits of individuals who possess an enthusiasm for life, discussing the impact of passion for life on individuals' mental well-being, exploring the fundamentals of living a fulfilling life, and assigning tasks related to cultivating a passion for life

		(including completing relevant worksheets).
Fifth	Explaining the notions about hope as the fundamental catalyst of life	Analyzing and considering the previous session's assignments, engaging in discourse regarding the notion of hope and despair, articulating the significance of hope in one's existence, delineating the attributes of individuals who possess hope, and presenting tasks about methods of cultivating hope in life (including the completion of relevant worksheets).
Sixth	The clarification of the notion of life management and the cycle of life	During the session, we will review and discuss the assignments from the previous session. We will also teach the concept of life management and the life cycle. Furthermore, we will discuss the role of the wheel of wellness in life. Finally, we will present an assignment that involves creating a life wheel diagram (using related worksheets).
Seventh	Presenting ideas about making room in Life, being happy with Life, and thinking positively	The previous session's assignments were examined and discussed; life satisfaction, positive thinking, and making space in one's Life were taught, and the circle of life concept was discussed. The assignment to compile the circle of life was presented (implementation of related worksheets).
Eighth	An overview of the sessions and the performance of the post-examination	Evaluating and discussing the previous meeting's assignments, summarizing the topics covered, giving the group members comments and expressing gratitude for their attendance, and administering the post-exam.

This therapy technique includes worksheets, activities, and metaphors. The therapist must be attentive to the patient's current situation and problems while using worksheets, exercises, and analogies. Below are a few examples of the information included in the leaflets. References are provided with various related topics and questions to define and describe. The therapist may gather information on the patient's expectations, their life objectives, mental model, perception of appropriate and inappropriate behavior, and other topics based on the patient's answers. The references suitably describe the present, real life, and the ideal, aspired existence. One obtains the life alphabet of the reference. The following items are discovered among others: His perspectives on life, positive and productive attitudes, and evil and ineffective attitudes. They are learning about the client's coping mechanisms and ways of adapting to the things that have happened in his life. The client recognizes and assesses the many facets of his existence. Individuals compose their narratives about their past, present, and future events. The therapist gains essential knowledge from the examination of these stories. Evaluation is done on the decision-making processes, as well as the client's reasons and decision-making obstacles. These worksheets and the decision-making form provide the therapist with important information on the client's decision-making processes and the advantages and disadvantages of their choice. Find out and assist him in coming to wise and sensible decisions (Legare, 2018).

2.3. Data Collection and Analysis

The determinants of a comprehensive and harmonious existence, including facilitators and influential variables, as well as hindrances and challenges, are identified. The methods of addressing an issue are evaluated. An assessment is conducted on several aspects of the customers' lives, including their objectives and strategies. Analogously, it resembles a tree. The notion of the Tree of Life is fundamental in this approach. The emblem of the Tree of Life may be used in several circumstances. This notion may serve as an analogy to establish connections between diverse occurrences. During therapeutic sessions and clinical settings, the therapists use the phrase and idea of the Tree of Life as a symbolic representation. Individuals are required to see their existence as a tree, comprising roots, trunk, and leaves. The determinants of a fulfilling and well-rounded existence are identified, including facilitators and influential variables, as well as hindrances and challenges. The methods of addressing an issue are evaluated. An assessment is conducted on the many aspects of the customers' lives, including their objectives and strategies. Analogously, it may be likened to a tree. The notion of the Tree of Life is fundamental in this approach. The emblem of the Tree of Life may be used in several circumstances. This notion may serve as an analogy to establish connections and correlations between various occurrences. During therapy sessions and in therapeutic settings, the therapist uses the phrase and idea of the Tree of Life as a symbolic representation. Individuals are requested to

see their existence as a tree comprising roots, trunk, and leaves. For a tree to thrive and grow, its components must effectively fulfill their roles. The leaves facilitate the photosynthetic process of the roots by absorbing essential salts, minerals, and water. The tree trunk also acts as a sturdy support for the roots and leaves. The idea and metaphor of the Tree of Life may be used in several fields, such as life in a broad sense and family life. It describes the behaviors, emotions, and thoughts that contribute to the growth and development necessary for the survival of the Tree of Life. Recognizing the value of Life is crucial in this perspective. Discovering value in life is not haphazard but takes ingenuity and meticulous strategizing. Discovering merit entails cultivating a life founded upon virtuous and compassionate principles, aspirations, and aims. The therapeutic alliance refers to the collaborative connection established between a therapist and a client, aiming to jointly alleviate the client's distress and foster a feeling of engagement and vitality. The therapeutic alliance between the therapist and the client is crucial for facilitating therapeutic improvements. Perceiving the therapist as affable and empathic motivates the client to approach the therapy with more dedication, leading to improved treatment outcomes. The therapist must meticulously analyze the distinct circumstances of the client, including their worldview, mental condition, and attitudes toward the world and life (Ibrahim & Heuer, 2016).

3. Finding

Life-based therapy, often known as life therapy, encompasses techniques such as

positive psychology, life coaching, and clinical applications in real-world circumstances. Seligman (2011) introduced the concept of positive psychology. Positive psychology explores several aspects of human well-being, including happiness, life satisfaction, energy, and excitement (Ruini, 2017; Magyar-Moe, 2009). Life therapy is a therapeutic technique that relies on the concept of life. This method is intricately connected to the fundamental notion and significance of life. Essential aspects of life include motivation, interest, desire, tension, pleasure, attachment, love, passion, and well-being. The meaning and notion of life refer to the inherent significance of life itself. Given that the philosophy of life is a significant topic, the interpretation and understanding of life might vary across individuals. Life therapy aims to provide a comprehensive framework encompassing many aspects of the person's life. Therapy sessions enhance the number of circles and the number of associated objectives, thus creating a fulfilling existence for clients (Hassanzadeh, 2021). The primary principle of this technique is that by reviving individuals and broadening the boundaries and scope of existence, we effectively restore them to a state of genuine and authentic life as well as to good health and overall well-being. They experience pleasure, vitality, and well-being in such circumstances; they embrace life with desire and enthusiasm and pursue their ambitions and aspirations. This is what life-based treatment, life therapy, counseling, and psychotherapy entail: the transformational and profound learning process. On the foundation of existence, in interpersonal

connections and human circumstances (Feeney & Collins, 2015).

The fundamental objective of psychotherapy and counseling is to inspire a sense of joy and vitality. Changing one's attitude is, in essence, a fundamental objective of the treatment process, which entails reconstructing one's existence. Throughout the treatment process, many concerns are assessed, including the dichotomy between a good life and a poor life. A comparison between the correct and incorrect ways of life, a life founded on accountability and one devoid of accountability, the benefits of having a life plan versus lacking one, strategies for enhancing clients' mental fortitude, instruction on the art and style of living, approaches to attaining well-being and life fulfillment, and similar matters. Stimulating oneself for life should align with the therapist's individual attributes and perceptual framework. In life therapy, counseling, and psychotherapy involve profound learning and transforming the fundamental aspects of existence, human circumstances, and interpersonal connections. Life therapy aims to alter one's trajectory by the principles of psychological education and psychotherapy. Individuals are permitted to design their existence cycle. The clients' completion of the Cycle of Life facilitates the formulation of long-term goals and objectives. The life wheel serves as both a compass and a navigational tool (Vansteenkiste, 2020).

4. Discussion

Life-based therapy, often known as life therapy, is an evidence-based method rooted in scientific research. This approach is both science-based and theory-based. This approach is grounded on prior methodologies, ideas, and perspectives and is informed by the author's most recent investigations and studies. In contrast with therapies and approaches that focus only on problems, life therapy emphasizes making and learning happiness, forgiveness, optimism, existence, life, enthusiasm (passion) for life, hopes for the future, and longevity. Various therapeutic approaches have been applied, such as cognitive behavioral therapy, acceptance and commitment therapy, Gestalt therapy, Adlerian approach, and positive psychology. Each psychotherapist has put out ideas regarding life and adjusting to it. For instance, people's desires, values, objectives, strengths, and resources are highlighted in cognitive behavioral therapy, together with the task and activity plan and the improvement orientation (Beck, 2021). Determining values, accepting life as it happens, and taking committed action are all stressed in treatment founded on acceptance and commitment (Prochaska & Norcross, 2018). According to the Gestalt treatment viewpoint, the whole has a holistic and all-encompassing vision of existence and is greater than the sum of its parts. The client's development and independence in life are prioritized in this therapy method (Corey, 2013; Hayes et al., 2011; Johnson & Burnett, 2024). The Adlerian approach addresses lifestyle, change-making strategies, and how

these factors affect one's quality of life (Prochaska & Norcross, 2018). Positive psychotherapies emphasize positive feelings and qualities and their significance in life. They also heighten passion, and Life, hope, fulfillment, and success are all referred to as passion (Magyar-Moi, 2009). Here, we are discussing some studies conducted on life treatment.

Hassanzadeh and Talebi (2023) studied the efficacy of life therapy in women experiencing infertility. The study revealed that life therapy had positive results in women experiencing infertility. Thus, treatment positively impacts enhancing enthusiasm for life, extending life expectancy, and improving the quality of life in women experiencing infertility. In a study analyzing the effectiveness of cognitive-based interventions, Chiragpour Khonkhdar (2023) conducted a treatment using mindfulness and life therapy to address psychological disturbance, psychological capital, cognitive flexibility, adherence to diet therapy, and chronic pain in patients with dyspepsia. Life therapy focuses on addressing psychological disturbances, enhancing psychological capital, improving cognitive flexibility, promoting adherence to diet treatment, and managing chronic pain. It affects those suffering from dyspepsia. In his study conducting a comparative analysis of the efficacy of acceptance and commitment-based therapy, mindfulness-based cognitive therapy, and life therapy on the mental well-being, psychological security, distress tolerance, and cognitive regulation of emotion in women diagnosed with generalized anxiety disorder, Sarabadani

(2023) determined that life therapy positively impacts the mental well-being, psychological security, distress tolerance, and cognitive regulation of emotions in women with generalized anxiety disorder.

In a study titled "A Comparative Analysis of the Efficacy of Cognitive Analytical Hypnotherapy and Life Therapy on Self-esteem, Adaptability, Emotional Regulation, and Self-efficacy in Individuals with Generalized Anxiety Disorder," Sadat Madani (2023) examined the efficiency of these two therapeutic approaches. The researchers concluded that life therapy had a significant impact on the self-esteem, adaptation, emotional control, and self-efficacy of clients diagnosed with generalized anxiety disorder. Behari Ardeshiri conducted a study in 2023 comparing the efficacy of cognitive behavior therapy and life therapy on anxiety sensitivity, psychological well-being, enthusiasm for Life, hope, and emotion control in individuals diagnosed with irritable bowel syndrome. The findings suggest that life therapy has a significant impact on anxiety sensitivity, psychological well-being, zest for Life, hope, and emotion management in those diagnosed with irritable bowel syndrome in their study named "Effectiveness of acceptance and commitment therapy on mental pain and passion for life in psoriasis patients," Shahidi et al. (2022) investigated the impact of acceptance and commitment therapy on the psychological distress and enthusiasm for Life in individuals with psoriasis. The study findings show that using acceptance and commitment therapy effectively alleviates

mental distress and enhances the zest for Life in individuals diagnosed with psoriasis. In his study titled "Effectiveness of life therapy on the meaning of life, hope, and passion for life in nursing students," [Salahi Abdi \(2022\)](#) found that life therapy significantly influences the meaning of Life, hope, and passion for Life among nursing students. The treatment had the most pronounced effect on the life expectancy variable, as indicated by the average scores.

In his investigation titled "The Efficacy of Acceptance and Commitment Therapy on Psychological Resilience, Zest for Life, and Health Anxiety among Nurses in the Covid-19 Ward," [Azimi Takami \(2022\)](#) found that implementing Acceptance and Commitment Therapy significantly improves psychological resilience, enthusiasm for Life, and reduces health anxiety among nurses working in the Covid-19 department of the hospital. [Azimi Takami \(2022\)](#) conducted a study titled "Effectiveness of therapy based on acceptance and commitment on self-care, passion for life, and stress caused by crisis" on nurses working in the COVID-19 ward. The research concluded that the treatment approach, which focuses on accepting and committing to self-care, fostering a passion for Life, and managing stress related to the Coronavirus crisis, is practical for these nurses. [Salahi Abdi et al. \(2022\)](#) in their study titled "*The Efficacy of Life Therapy on the Enthusiasm for Life in Nursing Students of Sari*" investigated the impact of life therapy on enhancing the enthusiasm for life among nursing students. A study revealed that life therapy significantly affects the enthusiasm for Life among nursing students. In a

thorough quasi-experimental study, [Sarabadani et al. \(2022\)](#) compared the effects of cognitive treatment based on mindfulness and life therapy on the mental well-being and psychological security of women with anxiety disorders. The findings demonstrated that both cognitive treatments grounded on mindfulness and life therapy had a comparable impact on enhancing the mental well-being and psychological security of women diagnosed with generalized anxiety disorder.

[Mohammadian Amiri \(2023\)](#) compared the efficacy of acceptance and commitment therapy, schema therapy, and life therapy on the quality of life, emotion regulation, eating attitudes, and overall compliance in obese women. The study aimed to assess the effectiveness of life therapy in improving the reported quality of Life, emotion regulation, attitude toward eating, and overall compliance in obese women. [Pour Ghasem \(2023\)](#) analyzed the effectiveness of acceptance and commitment therapy on psychological flexibility, passion for life, and hopelessness, and investigated the impact of therapy based on acceptance and commitment on these psychological factors. The results demonstrated that acceptance and commitment-based therapy had a positive impact on the bereaved individuals' zest for life, adaptability, and sense of despair. Specifically, the treatment led to an increase in their enthusiasm for life and flexibility while simultaneously reducing their feelings of hopelessness. [Variani \(2023\)](#) studied the efficacy of life-based therapy on the social conduct, accountability, and academic welfare of divorced high school students and

concluded that life-based therapy is effective for enhancing the social conduct, accountability, and academic welfare of high school students who have experienced divorce. In their study, [Mehdikhani et al \(2023\)](#) studied the effectiveness of life therapy on the enthusiasm for life of mothers with hyperactive children and found that life therapy enhances the excitement for life in mothers with hyperactive children. Hyperactivity is very efficient. [Ahmadi Khalili \(2023\)](#) undertook a comparative analysis of life passion, life orientation, and flexibility among cancer, cardiovascular, and dialysis Patients. The data analysis findings indicated variations in love for life across cancer, cardiovascular, and dialysis patients. Specifically, cardiovascular patients exhibit a higher degree of enthusiasm for life than cancer and dialysis patients. [Ataabadi et al. \(2023\)](#) examined the effectiveness of quality of life therapy in reducing the burden experienced by family caregivers of individuals with addiction. In a study conducted by [Kaderpour \(2023\)](#), the effectiveness of life therapy and compassion therapy was compared in students with mobile phone phobia. The research focused on self-esteem, experiential avoidance, distress tolerance, and social well-being. The results showed that life therapy was effective in improving these factors. [Fritsch's](#) research demonstrated the efficacy of quality-of-life treatment in alleviating and resolving issues. [Norberg et al \(2008\)](#) have also determined that quality-of-life treatment may effectively mitigate symptoms of depression and anxiety via the use of effective strategies and interventions. Health-promoting behaviors

can have a positive impact on individuals' overall quality of life. Additionally, approaches aimed at enhancing quality of life may be effective in reducing psychological distress. [Park et al \(2010\)](#) further deliberated on positive psychology and treatment. They conducted a study and discovered intriguing insights into this particular subject. Hence, life therapy assists individuals in uncovering the latent aspects of their existence, identifying concealed aptitudes, and leading a fulfilling existence. The concept of life and life therapy aims to inspire and guide individuals toward fulfilling their predetermined purpose ([Frisch, 2006; Frisch, 2013](#)).

5. Conclusion

The Word of Life is an established method for achieving enhanced clarity, self-assurance, and bravery, enabling you to eventually lead a meaningful and gratifying life, empowering you to reach your highest potential, and positively affecting the world. Life may be compared to riding a stationary bicycle without any progress. It is equivalent to descending rapidly. This technique aims to assist clients in making progress in their personal development and achieving self-actualization by guiding them toward tremendous success and fulfillment.

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Conflicts of Interest

The Authors declare that there is no conflict of interest with any organization. Also, this research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

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