

From Guilt to Redemption: A Bibliotherapeutic Study of *The Kite Runner*

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## ABSTRACT

*The Kite Runner* by Khaled Hosseini is a powerful example of bibliotherapy and the cathartic potential of literature. Through a close reading of the novel, this study observes how guilt, trauma, and moral failure outline the psychological expansion of the central character, Amir, and how narrative confession serves as a pathway toward therapeutic and reclamation. Illustrating theories of bibliotherapy and narrative psychology, the paper claims that the novel's storytelling functions both as a therapeutic act for the character and as an emotionally transformative experience for the reader. Amir's journey from childhood infidelity to adult penance reveals how challenging suppressed memories permit self-forgiveness and ethical accountability. Here, literature is a medium through which pain can be voiced, shared, and allegorically resolved. By engaging readers in processes of empathy, perspective-taking, and emotional identification, the novel enables catharsis and moral reflection. Moreover, the paper locates the narrative within the socio-political trauma of Afghanistan, signifying that personal healing equals collective memory and cultural rebuilding. This study pinpoints how *The Kite Runner* represents the therapeutic dimensions of fiction, illustrating the durable capacity of storytelling to convert guilt into agency and suffering into ethical progress. Therefore, literature appears not merely as representation but as a dynamic space of

psychological reconstruction and ethical renewal. This paper is written in a qualitative analytical methodology.

Keywords: Bibliotherapy, Redemption, Catharsis, Guilt, Narrative healing, Trauma, Empathy.

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