

# 'Out of Habit' Uncovers the Journey from Trauma to Truth

*Kathleen Dutton's novel blends emotional suspense and romance as one woman confronts the past to reclaim her future.*

LOS ANGELES, CA, UNITED STATES, April 22, 2025 /EINPresswire.com/ -- How do you face the truth when you've spent a lifetime hiding from it? "Out of Habit" delivers a powerful and emotional novel about resilience, love, and confronting the past, following the journey of a young woman who must decide between the safety of the world she's always known and the uncertainty of the life waiting beyond it.



Out of Habit

Since the age of ten, Allison Weston has lived under the protective care of the nuns at St. Ives Institution. Her guardian, Sister Margaret, fears that Allie is using the convent as a refuge from the nightmares of her past. To ensure she fully understands her choice before taking her vows, Margaret urges Allie to experience life beyond the convent's walls.

Enter rookie reporter Ryan Harper, who suspects Allie is hiding secrets darker than anyone realizes. Determined to uncover the truth, he finds himself torn between breaking the story and protecting the woman he's come to love. With Ryan's unwavering support, Allie must confront the harrowing reality of her past and choose whether to continue living out of habit—or forge a new future.

Kathleen Dutton has been passionate about writing since childhood. A former clinical specialist and field engineer, she now dedicates her time to crafting thought-provoking fiction in Northern Michigan, where she lives with her husband, family, and three office assistant cats.

Catch "Out of Habit" at the LA Times Festival of Books, [Olympus Story House](#), Booth #182 in the Gold Zone.

Order a copy today on Amazon, Barnes & Noble, and other digital platforms.

Olympus Story House is an emerging digital marketing firm based in Reseda, California that focuses on offering high-quality work at a reasonable price. Our talented staff collaborates with clients to establish a stronger brand and help them get the recognition they deserve. We have the ultimate goal of providing our authors with services that would fit a wide range of marketing budgets, offer reliable feedback and proper guidance in their projects, and present quality service. With our team of passionate marketing and publishing experts, we strive to bring our client's projects to their best potential.

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