



# How Stella Got Her Groove Back

*Terry McMillan*

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## How Stella Got Her Groove Back Terry McMillan

Stella Payne is forty-two, divorced, a high-powered investment analyst, mother of eleven-year-old Quincy, and she does it all. In fact, if she doesn't do it, it doesn't get done, from Little League carpool duty to analyzing portfolios to folding the laundry and bringing home the bacon. She does it all well, too, if her chic house, personal trainer, BMW, and her loving son are any indication. So what if there's been no one to share her bed with lately, let alone rock her world? Stella doesn't mind it too much; she probably wouldn't have the energy for love, and all of love's nasty fallout, anyway. But when Stella takes a spur-of-the-moment vacation to Jamaica, her world gets rocked to the core, not just by the relaxing effects of the sun and sea and an island full of attractive men, but by one man in particular. He's tall, lean, soft-spoken, Jamaican, smells of citrus and the ocean, and is half her age. The tropics have cast their spell and Stella soon realizes she has come to a cataclysmic juncture: not only must she confront her hopes and fears about love, she must question all of her expectations, passions, and ideas about life and the way she has lived it.

Told in Stella's own exuberant, dead-on, dead honest voice, *How Stella Got Her Groove Back* is full of Terry McMillan's signature humor, heart, and insight. More than a love story, it is ultimately a novel about how a woman saves her own life, and what she must risk to do it.

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