

Over 50, Defined: Words Just for Us That Aren't in the Dictionary ... YET!

*With wacky invented words (and funny definitions),
Shel Harrington's book finds the humor in moving past midlife*

[November 2021 | Oklahoma City, OK] Getting older doesn't have to be depressing. Shel Harrington is showing us that the real fun begins after we hit 50. The creative mind behind the popular Facebook page [Fat-Bottom Fifties Get Fierce](#), Shel's book "[Over 50, Defined: Words Just for Us That Aren't in the Dictionary ... YET!](#)" (April 2021) lets us age hilariously.

Shel is a humorist, author, and seasoned family attorney who has found the fun in our senior foibles. With more than 490,000 followers on her Fat-Bottom Fifties Facebook page, she is helping nearly half-a-million people find the humor in growing older. Her book "Over 50, Defined" collects "quinbloits," wacky words she has invented to capture the true experience of aging, with definitions seniors can relate to. A quick read, the book is peppered with cute illustrations.

Gen X-ers who are moving past mid-life and Baby Boomers alike may see themselves in these off-the-wall words. For instance, if you are over 50 you may have had a few experiences with ROOMEMBER | roo-**mem**-ber (verb): To stand in the middle of a room while trying to remember why you went in it.

Or perhaps the last time you watched a movie with your family you had to RIFLOP | **rahy**-flop (verb): To roll around before you are able to get up from a sitting position on the floor.

If you're more than half a century old, you may be familiar with the PEEYOP | pe-yop (noun): The use of a bathroom just because you're passing it — in case there's not one close by when you need it.

"Over 50, Defined" reminds readers that they are not alone in all of the funny little things they experience as they get older and the fine print gets harder to read. Shel's words that hilariously capture the senior experience give fun language to what might seem unmentionable.

Laughter can help relieve both sadness and fear. Shel delivers humor at a time when we may be feeling both, as we notice the signs of aging in our lives. Moving through our senior years, we may encounter myriad surprising changes. Shel holds up a mirror to herself and the rest of us, letting us know it's OK to chuckle.

About: Shel Harrington is a humorist, author, and family law attorney whose debut book, "Over 50, Defined: Words Just for Us That Aren't in the Dictionary ... YET!" (April 2021) finds hilarity in the 50-plus experience. Her Facebook pages Fat-Bottom-Fifties Get Fierce and Shel Harrington, Relationship Advocate have a collective following of more than 500,000. Learn more at [FatBottomFiftiesGetFierce.com](#).

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For more information, visit the online press kit <https://fatbottomfiftiesgetfierce.com/media-kit>. To request an interview with Shel Harrington, [contact Shel via the Contact Page on her website](#).