

TAMRON HALL

Nov. 1, 2024

HIGHLIGHTS FOR 'TAMRON HALL' SEASON SIX, NOV. 4-8

'Tamron Hall' Tackles Today's Meaningful and Important Topics — So Let's Talk About It

Below are highlights for "Tamron Hall" for the week of Nov. 4, 2024. Please note: The lineup is subject to change.

Monday, Nov. 4: **Getting to Happy:** For the first time, the U.S. is not in the Top 20 of Happiest Countries. What's to blame, and how do we become happier? New York Times bestselling author and happiness expert **Arthur C. Brooks** joins us with what he says is the secret to getting happy. Then, doctors told **Dannie De Novo** she would never be happy — how she ignored what they said and how she can help you too. "The Dress Doctor" and fashion psychologist **Dawnn Karen** explores the correlation between what we wear and how we feel, and **The Happiness Club** brings joy to the Tam Fam stage with a performance of "Shake That Stress Off." Finally, stars of the TLC hit show "**One Thousand Pound Best Friends**" share their weight loss and happiness journey with the Tam Fam and how it has affected their relationships with each other.

Tuesday, Nov. 5: **I Wish I Thought of That!** Today's guests are proving necessity is the mother of invention with great ideas that make you say, "I Wish I Thought of That!". **Barbara Heilman** and **Becca Davison** join the Tam Fam to discuss UnbuckleMe, the invention that makes opening car seats surprisingly easy. Next, **Donelle Mendoza** shows us her viral seasoning Birria Bombs, and Tamron tests it out. If you've ever had problems keeping your clothes on the hanger, you will want to see **Angus Willows'** Kangaroo Hanger. CEO of Canvas Beauty Brand, **Stormi Steele**, shares her story of building a beauty empire after being the first creator on TikTok to earn over \$1 million during a single live session.

Wednesday, Nov. 6 (OAD: 9/11/24) **How to Raise a Resilient Child.** The headline-making, revolutionary ideas and lengths parents will go to raise resilient kids. U.S. Surgeon General **DR. VIVEK MURTHY**'s health advisory for parents. Experts and parents alike weigh in on the challenges of raising kids in this social media age, as well as teaching children how to respect boundaries and develop emotional intelligence.

Thursday, Nov. 7: **Reporters Notebook.** These storytellers had pivotal, life-altering experiences with the subjects of their reports. ABC News senior national correspondent **Terry Moran** joins the Tam Fam to discuss the late-breaking details in the Menendez Brothers case and the recent, shocking twists and turns, and USC journalism professor and reporter **Alan Abramson** urges the public to set aside emotions and focus on the facts of the notorious case. Former Los Angeles prosecutor, best known for

leading the case against O.J. Simpson, **Marcia Clark** hosts “The First 48” podcast, where she reviews the facts, speaks with experts, and uses her own expertise to shed new light on cases. **Karen** and **Diane VanderMolen**, cousins of the Menendez brothers, share their thoughts as family members on the notorious case. Chicago ABC News anchor Samantha Chatman joins the Tam Fam with Dr. Brandon Baird, who performed a risky surgery to preserve her vocal cords after what she thought was a career-ending cancer diagnosis.

Friday, Nov. 8: Does It Work? We tried it, so you don’t have to! Viral hacks, products and trends — we’re putting them to the test! From one-size-fits-all dresses to beauty masks to the tomato iced toast viral sensation and so much more, will they live up to the hype or fail the Tam Fam test?

“Tamron Hall” is distributed in national syndication by Disney Entertainment. Broadcast from New York City, the show is executive produced by Hall and Quiana Burns. The show broadcasts from New York City and features a dynamic mix of live and taped shows.

For times and channels, go to www.TamronHallShow.com and follow the show on social media @TamronHallShow.

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