

# TAMRON HALL

Feb. 20, 2025

## HIGHLIGHTS FOR 'TAMRON HALL' SEASON SIX, FEB. 24-28

### '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 Feb. 24, 2025. Please note: The lineup is subject to change.

**Monday, Feb. 24** Ripped From the Headlines: With the release of Tamron's new Freeform true crime docuseries, "How I Escaped My Cult," we welcome actress **JESSICA JOAN** for an **EXCLUSIVE** conversation on how she helped the FBI take down NXIVM's infamous cult leader. Then, we sit down with a 22-year-old content creator who went viral after her followers noticed a concerning lump on her neck. Later, a state trooper saves a Dallas man trapped in a burning car after a snowstorm. Plus, "Wild Kingdom"'s **DR. RAE-WYNN GRANT** explains what really happened in the extraordinary video of a kayaker being swallowed by a whale.

**Tuesday, Feb. 25** When To Keep Them/When To Cut Them: Bestselling author and life coach **CHEYENNE BRYANT, Ph.D.**, joins the Tam Fam to give us tips on keeping a relationship vs. breaking it off. Later, **JEFFERSON FISHER**, author of "The Next Conversation: Argue Less, Talk More," teaches us how to initiate difficult conversations with loved ones. Plus, an all-new Shop Tam Fam.

**Wednesday, Feb. 26** Living Apart Together: Emmy®-winning actress **SHERYL LEE RALPH** ("Abbott Elementary") and her husband, **PENNSYLVANIA STATE SEN. VINCENT HUGHES**, sit down for an **EXCLUSIVE** conversation about their choice to live in separate cities, which set off the internet! Then, we hear from other couples who say living apart has helped save their relationships. Later, **KELLY COYNE** breaks down the stigma of couples living apart.

**Thursday, Feb. 27** Clean Breaks: We have a **DAYTIME EXCLUSIVE** with "Real Housewives of Potomac"'s **ASHLEY DARBY**, who is ready to break her silence on how her 10-year marriage ended. Then, we sit down with licensed family and marriage therapist **JOHN KIM**, who talks us through the eight different types of breakups and his controversial take on cheating. Later, bestselling author **AMY NOBILE** tells us how she found love after her

divorce. Plus, she gives some advice to a Tam Fam member who is looking to get back out there.

**Friday, Feb. 28** #LOVEMYFAMILY: Political analyst and attorney **BAKARI SELLERS** and his wife, entrepreneur and blogger **ELLEN RUCKER SELLERS**, join the Tam Fam with their twins, **STOKLEY AND SADIE**, and the unimaginable story of Sadie undergoing a liver transplant at just 8 months old. Then, we hear from the grandmother who went viral after going back to school at 61 years old. Later, we chat with the adorable 3-year-old girl who racked up views on TikTok after she nailed the “Guess the Voice Challenge.” Plus, Tamron and the staff take their shot at the viral challenge!

“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](http://www.TamronHallShow.com) and follow the show on social media @TamronHallShow.

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