

TAMRON HALL

March 7, 2025

HIGHLIGHTS FOR 'TAMRON HALL' SEASON SIX, MARCH 10-14

'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 March 3, 2025. Please note: The lineup is subject to change.

Monday, March 10: Candid Conversations: Is ADHD Really a Superpower?: Award-winning content creators and season 33 winners of "The Amazing Race," **KIM AND PENN HOLDERNESS**, join us to delve into their book, the instant best-seller "ADHD Is Awesome." Then, we sit down with a psychiatrist and ADHD specialist living with ADHD, **DR. SASHA HAMDANI**. Plus, **DR. LOUCRESIE RUPERT** shares her journey seeking treatments other than medication. And, ABC News Live anchor **DIANE MACEDO** on her emotional journey of being diagnosed with ADHD after becoming a mother and the challenges she's experiencing.

Tuesday, March 11: Me, But Better: A **DAYTIME EXCLUSIVE** with reality TV personality and model **KENI SILVA**, who filed for divorce after 13 years of marriage and is now empowering other women through her new book "Divorce as an Opportunity." Then, we sit down with author **OLGA KHAZAN**, who chronicles her year-long journey trying to rewire her personality in her new book "Me, But Better." Later, stylist **SOPHIE STRAUSS** is helping postpartum moms feel confident by reconnecting them with their own personal style. We reveal the styling makeover she gave one of our Tam Fam members. Plus, an all-new Shop Tam Fam!

Wednesday, March 12: What's Hot Now: GRAMMY® Award-winning singer-songwriter-actress **MICHELLE WILLIAMS** makes her Tam Fam debut to chat about her role in one of the most anticipated Broadway movie adaptations of the year, "Death Becomes Her." Then, a **DAYTIME EXCLUSIVE** with actress **LUCY HALE**, who joins us to talk about her comedy thriller "F*ck Marry Kill." Plus, two-time Emmy® winner, singer and the first Black female puppeteer for "Sesame Street" **MEGAN PIPHUS** performs her new song.

Thursday, March 13: Bringing Down the House: We have a **DAYTIME EXCLUSIVE** with HGTV royalty — the reigning king and queen of home renovations — **BEN and ERIN NAPIER**, who are taking us behind the scenes of their hit show "Home Town Takeover." They're also taking the Tam Fam inside their home for an exclusive look at their favorite room. And, actress **SUSAN KELECHI WATSON** gives a sneak peek at the upcoming Shondaland show "The Residence."

Friday, March 14: Does the Good Mother Myth Still Exist?: Author of the brand-new book "The Good Mother Myth" **NANCY REDDY** joins us to share why she's clapping back at society's expectations of

moms. Then, hosts of the hit podcast “The Mama’s Den,” **MELANIE FIONA, FELICIA LA TOUR, ASHLEY CHEA and CODIE ELAINE OLIVER**, chat about what it really takes to thrive as moms, partners and friends.

“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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