

## **Daily Flash Show Synopsis - Week Of 3/11/24**

### **Monday, 3/11/24**

Business Insider's James Rodriguez talks about how home purchasing is diminishing, also, the real reason Oprah quit WeightWatchers, and Don Lemon gets a huge CNN payout after his firing.

### **Tuesday, 3/12/24**

Business Insider's Jennifer Streaks shares grocery shopping money saving tips, also, author Heide Abelli talks about her latest book for the modern professional, and it's the Ricki Lake weight loss, which she attributes to hard work.

### **Wednesday, 3/13/24**

Life Coach Maggie Maris joins us from The Netherlands with tips on self-awareness, growth and lasting happiness, plus, Business Insider's Senior Investing Correspondent Kathleen Elkins talks about financial independence and who to retire early, and Neuroscientist Dr. Nicole Avena shares seven steps to change our body for the better.

### **Thursday, 3/14/24**

It's the Must Watch Movie of the week, plus the latest in celebrity and entertainment news.

### **Friday, 3/15/24**

It's the host picks on what to stream for the weekend.