

Daily Flash Show Synopsis - Week Of 10/5/26

Monday, 10/5/26

Author Nathan Morris talks the meaning of his new book "The Seven Pillars, A Guide To Transforming Your Life," also, the "Wierd Food" John Graham shares his latest culinary finds.

Tuesday, 10/6/26

Business Insider Senior Correspondent Katie Notopoulous shares tips on the idea of turning off AI, also, Parenting Expert Katherine Sellery explains how grandparents parent differently, and how to respect boundaries.

Wednesday, 10/7/26

Former President & Co-owner of the Philadelphia 76'ers turned author, Pat Croce shares his new book titled, "Enjoy Your Self Now! 66 Sacred Shits To Instantly Awaken The Peaceful Presence Within You," also, Chef Vhris Valdes shares swift recipes for Hispamnish Heritage Month.

Thursday, 10/8/26

The hosts pick the must-watch movie or series.

Friday, 10/9/26

What are Daily Flash hosts streaming for the weekend? Their picks will make you what to watch!