

Daily Flash Show Synopsis - Week Of 1/12/26

Monday, 1/12/26

Business Insider Reporter Emily Stewart talks about the state of beer and why people are opting for cheap beer, plus, one man raises the marriage proposal bar with an AI Disney trailer, and it's the latest Gen-Z parenting trend.

Tuesday, 1/13/26

Author Seth Stewart talks his new book "Follow Your Vision, Live Your Truth," in which he says men are facing a silent crisis rooted in feeling undervalued, plus, the warnings of the heavy soda trend.

Wednesday, 1/14/26

Host of "On Plate Kitchen" Chef Rich shares recipes for health and wellness cooking, also, it's "The Scene With Doreen" chats with Michael Kiske, and we chat it up with Jon Taffer from "Bar Rescue."

Thursday, 1/15/26

The hosts pick the must-watch movie or series.

Friday, 1/16/26

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

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