

## **Daily Flash Show Synopsis - Week Of 2/2/26**

### **Monday, 2/2/26**

Business Insider Reporter Tim Paradis explains how to succeed in job searches in 2026, also from Business Insider, Hilary Brueck breaks down the new food Pyramid, and reality TV star Betheny Frankel hits back at fans mocking her home decor.

### **Tuesday, 2/3/26**

Business Insider Reporter Eliza Relman explains the new housing shift in which more younger people are choosing to move back with their parents, also, Transformational Coach David Cunningham takes a look at New Years REsolutions but for humanity.

### **Wednesday, 2/4/26**

Keynote Speaker Florence Ann Romano shares tips on not letting your New Year's resolution fizzle out, also, a favorite streaming service might start their "afterdark" programming, and, the real reason the English sky turned pink.

### **Thursday, 2/5/26**

Parenting Expert Katherine Sellery shares tips on restoring balance and connection with kids during an emotional hangover, also, it's Flash Travel times and ways not to get sick during travel.

### **Friday, 2/6/26**

Business Insider Reporter Aditi Bharade explains the new social media trend in which people are calling 2026 the new 2016, also, find out the IKEA rug hack, and, High School students are fixing broken cars and donating to single moms.