

Daily Flash Show Synopsis - Week Of 2/9/26

Monday, 2/9/26

Business Insider Reporter Emily Stewart explains the new trend on finding love on LinkedIn, plus, Diahann Smith from Florida Dairy Farmers talks about the 25th year of the South Beach Wine and Food Festival.

Tuesday, 2/10/26

Business Insider Reporter Julia Pugachevsky explains Doom Scrolling on your phone, and, author Rosemary Olender speaks on the biggest legacy that you can leave your children.

Wednesday, 2/11/26

Author of "The Power Of Pause," Dr. Emilio Justo explains how instant gratification or the right now culture is reshaping our brains, also, it's "The Scene With Doreen" with John and Carla Ondrasik.

Thursday, 2/12/26

The hosts pick the must-watch movie or series.

Friday, 2/13/26

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

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