

## **DAILY FLASH SHOW SYNOPSIS - WEEK OF 2/6/23**

### **Monday, 2/6**

If you need joy in your life, guest Debby Schlesinger-Hellman shares the best ways to attract joy. Plus, nutrition expert Nicole Avena teaches us how to stay on track with those New Year's resolutions. And see which kitchen item could soon be banned.

### **Tuesday, 2/7**

Health specialist Sarah Baker has other options to try besides Dry January. And we have some "Southern Charm" casting news which has an OG saying good-bye. Plus, would you try your dog's treats? See how one of our hosts reacted.

### **Wednesday, 2/8**

Real estate investors Adam Leffler and Matthew Bell talk about the housing market for 2023. Plus, just in time for valentine's, only company is offering you money to go on 15 blond dates. And it's the latest in the Prince Harry monarchy drama.

### **Thursday, 2/9**

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

### **Friday, 2/10**

See if your favorite furry friend made the list of animals we love.

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