



Aug. 8, 2025

**HIGHLIGHTS FOR 'TAMRON HALL' SEASON SIX,
AUG. 11-15**

'Tamron Hall' Tackles Today's Meaningful and Important Topics — So Let's Talk About It

Below are highlights for "Tamron Hall" for the week of Aug. 11, 2025. Please note: The lineup is subject to change.

Monday, Aug. 11 (OAD: 3/6/25) Summer of Skinny: **ASHLEY HAMILTON**, who calls herself an "Idaho Mama" and "GLP-1 Advocate" on her social media, tells the story of how she finally lost weight after trying countless diet plans — and inspired her mother, father and daughter to join the weight loss journey which they say has changed their entire family's lives. Plus, a woman who accidentally overdosed on compounded weight loss drugs joins the conversation. And, **DR. ROCIO SALAS-WHALEN**, an endocrinologist and obesity specialist, breaks down the good and bad about these game-changing medications.

Monday, Aug. 11 (OAD: 2/10/25; Airing in Atlanta and Miami only) Love Week: Tamron's Couples Court: We're kicking off our second annual Love Week with two **EXCLUSIVE** performances from multiplatinum-selling R&B supergroup **JAGGED EDGE!** Then, we welcome bestselling author and life coach **PASTOR KEION HENDERSON** with his media mogul wife, **SHAUNIE HENDERSON**, to judge our first-ever couples court, where we'll hear two couples settle their most frustrating debates.

Tuesday, Aug. 12 (OAD: 5/6/25) Kelsey Grammer: It's a **DAYTIME EXCLUSIVE** with Emmy®-winning TV icon **KELSEY GRAMMER**. For the first time, Kelsey gets raw and honest about the effect his sister's murder had on him. He revisits it all in his powerful new book, "Karen: A Brother Remembers."

Wednesday, Aug. 13 (OAD: 4/8/25) I Survived: Plane crash survivor **PETE KOUKOV** on how he escaped the headline-making crash in Toronto, which he documented in a video amassing more than 8 million views. Then, Emmy®-winning ABC7 Bay Area reporter **LUZ PEÑA** recalls how she came within a centimeter of losing her life when a skiing trip turned into a desperate fight for survival. Later, a Texas pastor reveals how he escaped an EF3 tornado that came over his boat while he was out fishing. And a 30-year-old New Jersey native tells us the terrifying story of how she survived being run over by a commuter train. Plus, an all-new Shop Tam Fam.

Thursday, Aug. 14 (OAD: 3/10/25) Candid Conversations: Is ADHD Really a Superpower?: Award-winning content creators and season 33 winners of "The Amazing Race," **KIM AND PENN HOLDERNESS**, join us to delve into their book, the instant best-seller "ADHD Is Awesome." Then,

we sit down with a psychiatrist and ADHD specialist living with ADHD, **DR. SASHA HAMDANI**. Plus, **DR. LOUCRESIE RUPERT** shares her journey seeking treatments other than medication. And, ABC News Live anchor **DIANE MACEDO** on her emotional journey of being diagnosed with ADHD after becoming a mother and the challenges she's experiencing.

Friday, Aug. 15 (OAD: 5/29/25) Serving it BIG!: Actress **TIA MOWRY** has a big announcement to help you plan your summer vacation. Plus, she catches us up on family and her hit TV show "Tia Mowry: My Next Act." Actor and singer **NATHAN LEE GRAHAM** joins the Tam Fam for his new scene-stealing role in Hulu's "Mid-Century Modern." And **DR. WHITNEY BOWE** is back to share how we can serve it up big with our skincare this summer.

"Tamron Hall" is distributed in national syndication by Disney Entertainment. Broadcast from New York City, the show is executive produced by Hall and Quiana Burns. The show broadcasts from New York City.

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For times and channels, go to www.TamronHallShow.com and follow the show on social media @TamronHallShow.

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