



July 16, 2025

HIGHLIGHTS FOR 'TAMRON HALL' SEASON SIX, JULY 21-25

'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 July 21, 2025. Please note: The lineup is subject to change.

Monday, July 21 (OAD: 4/3/25): Ripped from the Headlines: Behind the scenes of headline-making stories everyone's talking about. Former WWE star **LEAH VAN DALE** in a daytime exclusive to talk about losing her job after having a baby and her new platform, "Snatch," where she helps normalize difficult conversations for moms. And "20/20" co-host **DEBORAH ROBERTS** behind the scenes of the new podcast "20/20: The After Show."

Tuesday, July 22 (OAD: 5/13/25): Lean Into Your Dream: Guests today prove that it's possible to reach great heights when dreaming big. Emmy® Award-winning **DEBORAH NORVILLE** on leaving "Inside Edition" and starting a new game show "The Perfect Line"; and trailblazing TV star **JUDGE GLENDA HATCHETT** inspires others to dream big with her new "Dare to Take Charge" Daily planner and takes us behind the scenes of her show "The Verdict."

Wednesday, July 23 (OAD: 4/22/25): Gorgeous Grays: Today, meet the gorgeous grays taking over the Internet. First, beauty influencers **TENNILLE JENKINS** and **VANESSA CHAMBERLIN** sit down to discuss why women should break free and embrace aging. Then, model and three-time New York City Marathon finisher **MARYANNE CONNAUGHTON** shares how her gray hair helped her career. Later, music industry-executive-turned model **LONO BRAZIL** talks about starting his modeling career at age 54. Then, Tamron's hair stylist **JOHNNY WRIGHT** reveals a gray hair makeover he gave to a lucky Tam Fam member. Plus, an all-new Shop Tam Fam.

Thursday, July 24 (OAD: 5/12/25): Great Big Beautiful Life: Two DAYTIME EXCLUSIVES – First, six-time New York Times bestselling author **EMILY HENRY** is back to discuss her latest book, "Great Big Beautiful Life." Then, a DAYTIME EXCLUSIVE with GRAMMY® Award-nominated R&B Powerhouse **DURAND BERNARR** and a special performance of "Overqualified" for the Tam Fam.

Friday, July 25 (OAD: 2/27/25): Clean Breaks: Ahead of her big fight in a DAYTIME EXCLUSIVE, two-time Olympic gold medalist and boxing world champion **CLARESSA SHIELDS** joins the Tam Fam to talk about her shocking suspension from the sport and becoming the first boxer to hold every major title in every division. Another DAYTIME EXCLUSIVE with "The Real Housewives of Potomac"'s **ASHLEY DARBY** who is ready to break her silence on how her 10-year marriage ended.

Then, sit down with licensed family and marriage therapist **JOHN KIM** who talks about the eight different types of breakups and his controversial take on cheating.

“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.

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

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