

# TAMRON HALL

July 31, 2024

## HIGHLIGHTS FOR 'TAMRON HALL' SEASON FIVE, AUG. 5-9

### '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. 5, 2024. Please note: The lineup is subject to change.

Monday, Aug. 5: (OAD: 1/16/24) Road Trip with Tamron: Miranda Lambert in Las Vegas: Tamron gets EXCLUSIVE behind-the-scenes access to country superstar Miranda Lambert's Las Vegas residency, "Velvet Rodeo." In an EXCLUSIVE INTERVIEW, the country icon opens up about her career, family and special connection to her fans through her songs. Then, don't miss when Tamron visits the Wrangler National Finals Rodeo and takes a ride with renowned rodeo cowboy COLEMAN PROCTOR.

Tuesday, Aug. 6: (OAD: 6/5/24) Turn Up the Heat: "P-Valley" star and award-winning actor NICCO ANNAN gives a sneak peek into the new season of the hit series! Plus, a look at his provocative docuseries, "Down in the Valley." Then, reality star and author HANNAH BROWN, on the debut of her romance novel, "Mistakes We Never Made," and her fiancé join the conversation in his first TV appearance, revealing how he proposed! Five-time New York Times bestselling author EMILY HENRY on her new novel, "Funny Story." Plus, LISH STEILING returns to the kitchen with Tamron to turn up the heat with a shrimp summer dish from their upcoming cookbook, "A Confident Cook."

Wednesday, Aug. 7: (OAD: 4/4/24) Trad Wives: Tamron is talking about the "trad wives" movement taking over social media. What's behind the return to traditional gender roles in relationships? Tamron dives into the conversation that has the internet divided.

Thursday, Aug. 8: (OAD: 3/22/24) Show Me What You Got: Iconic supermodel JANICE DICKINSON is here to strut her stuff as she steps into the music industry and gives an exclusive performance of her single, "Get Into It." Then, 20-year-old girls Florida weightlifting state champion MAHAILYA REEVES and her mother discuss her years of training and determination and show the Tam Fam her bench-pressing skills of lifting over 250 pounds! Plus, 6-year-old rapper Lil Sugar, who went viral with over 11 million views, is here to perform!

Friday, Aug. 9: (OAD 11/30/23) I Get Paid To Do That!: Hip-hop legend and reality star pioneer FLAVOR FLAV is here to chat about his iconic career. Tony Award®-winning actress ADRIENNE WARREN joins the Tam Fam to discuss her role in the Hulu series "Black Cake," based on the bestselling novel. Plus, we meet people doing extraordinary jobs that are not your typical nine-to-five.

“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 and features a dynamic mix of live and taped shows.

For times and channels, go to [www.TamronHallShow.com](http://www.TamronHallShow.com) and follow the show on social media @TamronHallShow.

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