



Episode Synopses for September 2022

Feed Date	Episode #	Synopsis
09.08.22	#PA-101	Jackie Mirane, Fashion style expert talks about the latest hot new trends and colors. Bob Costas, TV sports legend offers great career highlights and the future for sports broadcasters. Gigi Stone Woods, award winning journalist has a fascinating look at what to expect in today's and tomorrow's world of technology and lifestyle.
09.15.22	#PA-102	Frances Largeman-Roth, popular Health Magazine editor/expert with new tips and ideas on healthy brain food. Jeanette Yoffe, Los Angeles therapist and expert on today's foster care programs and the new rise in adoption rate. Lu Hanessian, best-selling author, educator and popular TV PA- guest share new research on the positive power of mindfulness.
09.22.22	#PA-103	Dr. Jeff Gardere, noted psychologist, professor and popular TV expert/guest discusses the new trend on working virtually from home. Alison Victoria, well-known TV host of Windy City Rehab on HGTV and successful interior designer talks about how to be positive in today's world. Trae Bodge, successful lifestyle writer, businesswoman and TV commentator shares new ideas and ways to handle today's cashless economy.
09.29.22	#PA-104	Ernestine Scalfani, public relations guru and branding expert introduces her top new book about living with a sports obsessed guy, her husband, TV sportscaster FS1's Skip Bayless. Jennifer Lahmers, Entertainment TV host on "Extra," shares her busy life on television and family living with a new baby. Allison Schrager, money expert and financial writer describes today's new American Dream and how it's changed over time.