

off the fence.

Exhale (Series 1)

8 x 60'

EPISODIC BREAKDOWN

1. Relationships

The ladies of Exhale are sitting down with Judge and Host of Divorce Court, Lynn Toler... Actress Tachina Arnold... Celebrity Matchmaker, Author and Owner of The Shawn Mackenzi Agency, Jasmine Diaz... and Author, Life Coach and CEO of Volition Enterprises, Dr. Nicole LaBeach to talk relationships. They'll cover everything from dating to marriage to divorce...answering the hard questions about why so many black women are single, the signs of a toxic relationship and the secret to making the perfect match.

2. Health and Wellness

AJ Johnson, Actress, Wellness Expert And Creator Of The AJ Zone... Dr. Felicia Wade, Physician and Author Of The Heart Of The Matter: A New Beginning... Entrepreneur, Philanthropist and Cancer Survivor, (Wife Of LL Cool J.) Simone Smith... and Executive Director of Women Alive, Carrie Broadus, help the ladies of Exhale get to the heart of one of the biggest issues impacting the lives of black women...our health. They're talking about dieting and nutrition, secrets to becoming both mentally and physically fit and preventing illnesses devastating African American women like heart disease and HIV/AIDS.

3. Sexuality

In this episode, the ladies are talking about the taboo subject of sex... Joining them for some stimulating conversation are Actors Lance Gross and Antonique Smith ... Dr. Elana Clark Faler, Licensed Clinical Social Worker and Sex Specialist... and Nourbese Flint, Program Manager With Black Women For Wellness. They'll focus on topics like women's sexual expression...and obsessions, healthy versus unhealthy sex, the objectification of black women and being a sex symbol in Hollywood.

4. Beauty and Style Episode

Supermodel, Actress and Modelpreneur Beverly Johnson... Dermatologist and Skin Care Specialist Dr. Susan Evans... Actress and Fashion Entrepreneur Vanessa Simmons and Kim Kimble, Celebrity Hair Guru and Entrepreneur, join the ladies of Exhale to talk beauty and style. They'll cover topics like fashion, the modeling industry, why hair is such a touchy subject in the African American community...and find out if black really does crack.

5. Faith/Religion Episode

The ladies of Exhale are having some spirited conversation with Columbia Pictures Executive and Author of "Produced By Faith" Devon Franklin... R&B Artist Kelly Price... Pastor Beverly Bam Crawford and Atheist and Author of "Moral Combat: Black Atheists, Gender Politics, and The Value Wars" Dr. Sikivu Hutchinson. They'll talk about getting through trials that put our faith to the test, religious controversies like homosexuality and the role of women in the Church and the increasing number African Americans who don't believe – black Atheists.

6. Career/Finance

Can black women really have it all? Career, money and a family? That's what the ladies of Exhale are trying to find out as they sit down with Actress Vanessa Bell Calloway... CNBC Correspondent Sharon Epperson... Entrepreneur and Author Keith Douglas and Paula Madison, a partner in The Williams Group Holdings and CEO of The LA Sparks. They'll talk about the secrets to a successful career, the biggest career and financial mistakes that black women make, how to keep disputes over money from ruining relationships and how to come back from financial disaster.

7. Entertainment

In this episode of Exhale, the ladies talk to some veterans of entertainment – R&B Singer Jeffrey Osborne... Actress Keisha Knight Pulliam...Actress and Comedienne, Kym Whitley...and Director, Producer and Writer, Kevin Rodney Sullivan. They'll take us inside the world of music, television and film to see just what it takes to achieve success ...and keep it. Viewers will hear what goes on behind the scenes of some of the biggest projects in Hollywood and how they overcome the unique challenges blacks in the entertainment industry face.

8. Breaking Free

Actress, Comedienne, Author and Host Kim Coles... Sarah Jakes, Senior Project Manager of The Potter's House Woman-To-Woman Ministry and daughter of TD Jakes... Actor, Writer and Director Todd Bridges... and Gabriella Jordan, Executive Coach and President Of The Education Division of The Handel Group, talk to the ladies of Exhale about breaking free from hurts that can hold us captive - fear, anger, depression, addictions and other vices. This episode will cover the all too real struggles many of us have with overcoming past hurts and the importance of forgiveness, as well as hearing first-hand from Todd Bridges about his battle with substance abuse and Kim Coles struggle to pull herself out from a debilitating depression.

