

off the fence.

Exhale (Series 2)

8 x 60'

EPISODIC BREAKDOWN

1. What is Love?

The ladies of Exhale get to the heart of one of their favorite subjects...love! Actress, Author and Comedian Niecy Nash... Producer Will Packer... Physician, Sexologist and Co-Host of The Doctors, Dr. Rachael Ross... and Author, Physician and Speaker Dr. Sharon Allison-Otley, help our Hosts explore the question, "What is love?" Together they open up about love and relationships, black love, love and sex, and last, but not least...the pitfalls of love.

2. Justice or Just Us?

When it comes to the criminal justice system...do blacks ever really get a fair shake? In the age of Trayvon Martin, the ladies of Exhale tackle the difficult dilemma of how to protect ourselves and our children from racial profiling, gun violence and disparities in the judicial system. They sit down with Author, Lecturer and Host of the Judge Mathis Show, Judge Greg Mathis... Actor, Businessman and Philanthropist, Wendell Pierce... Founder and CEO of 1,000 Mothers to Prevent Violence, Lorrain Taylor... Attorney, Legal Analyst and Radio Personality, Eboni K. Williams... and American Civil Liberties Union (ACLU) Attorney, Jessica Price... to answer the question, "Is it really justice... or just us?"

3. Family

It's a real family affair when the ladies of Exhale welcome to the show World Boxing Champion, Entrepreneur and Host of Mommy-In-Chief, Laila Ali... Attorney, Author and Host of Paternity Court, Lauren Lake... Clinical Psychologist and Marriage and Family Therapist, Dr. Stephanie Keyes... and Bryan F. Gaines, Co-Chair and Project Specialist for The University of Southern California Advocates for African American Elders Project. They talk about everything that impacts family dynamics – disciplining our children, caring for aging parents, marriage, divorce and paternity rights.

4. Exploring Mental Health

The ladies of Exhale are exploring one of the most difficult, but important topics in the black community, today – mental health. Joining in the conversation are Actress and Singer, Jenifer Lewis... former NFL Running Back and Heisman Trophy Winner, Ricky Williams... Dionne Monsanto, CEO and Founder of The Siwe Project... and Sociologist and Mental Health Expert, Dr. Karen Lincoln. They share their personal stories about battling mental illness, getting healthy, and the importance of bringing attention to this subject that has been hidden for far too long.

5. Feminism

In this episode of Exhale, the ladies get to the core of what being a woman is all about – that's right, they're exploring black feminism. And helping us to understand what feminism really means...and how it's changed, are Actress, Writer, Producer and Advocate for teen girls, Tracee Ellis Ross... Law Professor and Feminism and Race Studies Scholar, Kimberle Crenshaw... Blogger, Love and Sex Columnist and Social Worker, Feminista Jones... and Creator of the Brianna's Neighborhood cartoon series and Founder of the Brianna's Neighborhood Dare to Dream Foundation, Sahar Simmons. they talk about gender equality, the black feminist movement, sex positive feminism and the importance of teaching black girls how to love and respect themselves.

6. Childhood Health and Wellness

The ladies of Exhale sit down with Actress Nicole Ari Parker and her husband Actor Boris Kodjoe, Founders of Sophie's Voice Foundation... Boyz II Men Singer Shawn Stockman and his wife Sharonda, Founders of Micah's Voice... Attorney, Author and President and Co-Founder of the Special Needs Network, Areva Martin... Actress and Anti-Bullying Advocate, Shari Headley... and Neonatologist and Pediatrician, Dr. Valencia Walker... to talk about protecting the future of the black community – our children. They share their personal perspectives, as well as important information about the myths and realities of raising a healthy child – including facts about nutrition, sex education, bullying and caring for a child with special needs.

7. Education

In this episode, the ladies are getting schooled on some of the biggest issues in education – including how to close the black student achievement gap, school reform, the relevancy of HBCU's, and answering the question “Is college still worth the price of admission?” Joining them for some important lessons on these subjects and more, are Actress, Entertainer, Hip Hop Pioneer and Founder and CEO of The Hip Hop Sisters Foundation, MC Lyte... The Mayor of Compton, California, Aja Brown... Educator, Author and CEO and Co-Founder of the Concerned Parents Alliance, Dr. Darlene Willis... The Area Director for the Southern California Region of the UNCF, Curtis Silvers... and UNCF Assistant and recent Dillard University Grad, Monique McGhee.

8. Reinventing Your Life

We all talk about it... but, how many of us really have the courage to do it? In this episode, the ladies of Exhale discover the secrets to using the mind, body and spirit to confront fear, overcome tragedy and pursue one's dreams in order to reinvent your life. They sit down with Fitness Expert, Author and Trainer on The Biggest Loser, Dolvett Quince... Actress and Author Victoria Rowell... Author of Life Visioning and Founder of The Agape International Spiritual Center, Dr. Michael Beckwith... and Attorney, Life Coach and Director of the Multicultural Division of the Handel Group, Wendy Credle to hear their personal stories of overcoming and understand the crucial steps one must make on the path to major life transformations.