



June 2026 EPISODE SUMMARIES

Coffee With America – Episode 622 (June 6 - June 12)

This week on Coffee with America, host Sasha Rionda shares epic summer travel inspiration and smart tips for planning memorable family vacations. Plus, expert advice on improving sleep, building healthier wellness routines, and finding greater financial confidence with a mid-year reset. We also explore leadership, personal growth, and overcoming burnout, spotlight resources and mentorship for entrepreneurs, and share the latest wedding season fashion and beauty trends to help you look and feel your best all summer long.