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	The Aware Show	The Aware Show is a solution-oriented program that provides possibilities to move humanity forward. By connecting current events with today's thought leaders, host Lisa Garr finds solutions where most only see chaos and challenge.	41 (additional episodes forthcoming)	WURL	BEC-Digital Syndication Partners ("DSP")	Barry@besteverchannels.com
	Play 2 Win	Ray and Jessica Higdon host a show about doing whatever it takes to achieve the success and life you want. Each episode challenges contestants mentally, physically, and emotionally and every moment tests contestants will and desire to create massive success in their lives.	10	WURL	BEC-Digital Syndication Partners ("DSP")	Barry@besteverchannels.com
	World's Greatest Motivator's	Watch, learn, and transform your life with the help of the World's Greatest Motivators. Join Mary Morrisey, Dr. Rev. Michael Beckwith, Jack Canfield, David Meltzer, Lisa Nichols, and other acclaimed speakers for this inspirational and uplifting series.	14	WURL	BEC-Digital Syndication Partners ("DSP")	Barry@besteverchannels.com
	House Hackers	Host Brian Page shows a handful of beginners how to profit with short term rentals using properties they don't own; from how to locate the right place, to getting owners on board, staging for guests, and listing online.	5	WURL	BEC-Digital Syndication Partners ("DSP")	Barry@besteverchannels.com
	MORE U Movies	Inspirational and motivational titles to bring viewers together and help them achieve inner peace and harmony.	3	WURL	BEC-Digital Syndication Partners ("DSP")	Barry@besteverchannels.com

Series	Series Title	Episode Name	Episode Number	Episode Overview	Runtime	Contact
	The Aware Show	Finding Inner Courage	1	Having a tough time lately? Join host Lisa Garr as she speaks with beloved poet, teacher, and storyteller, Mark Nepo. Today Mark shares his insight from his latest work, "The Book of the Soul" and shares how crisis can wake us up to our true self. Info: www.besteverchannels.com	56:00:00	Barry@besteverchannels.com
	The Aware Show	Power of Healing	2	Join Lisa Garr as she speaks with millennial Author, Speaker, & Inspirational Entertainer Justin Michael Williams about the true power of healing. Justin discusses creating a future of inclusion and diversity while using music and meditation to spread the message of wellness to the world.	0:57:03	Barry@besteverchannels.com
	The Aware Show	Finding Harmony When Overwhelmed	3	Feeling overwhelmed? Host Lisa Garr talks with author and women's empowerment expert Christine Arylo. Finding balance may be challenging, but we can always strive for harmony and flow. Arylo discusses setting boundaries and	56:00:00	Barry@besteverchannels.com
	The Aware Show	Power of Intentions	4	Today Lisa Garr discusses the power of intentions with best-selling author and international speaker Lynne McTaggart. An expert in consciousness, and editor of the magazine "What Doctors Don't Tell You," Lynne suggests	56:00:00	Barry@besteverchannels.com
	The Aware Show	United We Rise	5	Join Lisa Garr and her panel of guests, musician Chris Pierce, technology expert Moses Ma, and internationally noted biochemist Fred Brown. Today they talk about the science behind vaccines as well as "United We Rise," a	56:03:00	Barry@besteverchannels.com
	The Aware Show	Reframing Loneliness	6	Today Lisa speaks with Udo Erasmus, best-selling author of "Fats that Heal, Fats that Kill." As an expert in health and healing, he talks about the true meaning behind loneliness and ways to reconnect to the self and live a life of thriving! Info: www.besteverchannels.com	58:00:00	Barry@besteverchannels.com
	The Aware Show	Manifesting Your Desires	7	Today Lisa talks with best-selling author and coach Christy Whitman about how to manifest your dreams. Her upcoming book is "The Desire Factor: How to Embrace Your Materialistic Nature to Reclaim Your Full Spiritual Power." Christy shares seven methods for bringing your	56:00:00	Barry@besteverchannels.com
	The Aware Show	Keep Calm in Chaotic Times	9	How can we remain calm and centered during stressful times? Today Lisa talks about meditation with Sister Dr. Jenna, an acclaimed spiritual mentor committed to bridging divides in societies and building relationships between global influences. Info: www.besteverchannels.com	56:00:00	Barry@besteverchannels.com
	The Aware Show	Healthy Fats that Heal	10	Today Lisa speaks with Udo Erasmus, best-selling author of "Fats that Heal, Fats that Kill." As an expert in health and healing, he talks about "good fats," healthy eating, and ways to reconnect to the self and live a life of thriving! Info: www.besteverchannels.com	57:00:00	Barry@besteverchannels.com
	The Aware Show	Radical Intuition	11	Today Lisa talks with Kim Chestney, the author of Radical Intuition: A Revolutionary Guide to Using Your Inner Power. A globally recognized innovation leader and the founder of Intuition Lab, her work has been featured or supported by	56:00:20	Barry@besteverchannels.com
	The Aware Show	The Beauty in Grief	12	Can one truly understand loss? Senior Rabbi Steve Leder has presided over thousands of funerals, but it was the death of his own father that initiated a deeper understanding of grief. Today he discusses how the	56:00:00	Barry@besteverchannels.com
	The Aware Show	No Regrets Living	23	Lisa Garr talks with Dr. Harley Rotbart, a nationally renowned pediatrician, who speaks about his book "No Regrets Living" which outlines keys to living a life of wonder & contentment including self-forgiveness, opening to	58:00:00	Barry@besteverchannels.com
	The Aware Show	College Admissions Scams Exposed	24	Lisa Garr talks with Fast Company Senior writer Nicole LaPorte. She researched the divide between the haves & have-nots including examining the vicious competitiveness of college admissions, bribes & lack of ethics within certain	57:00:00	Barry@besteverchannels.com
	The Aware Show	Sensitive is the New Strong	25	Lisa Garr talks with best-selling author and spiritual teacher Anita Moorjani, who discusses life as an empath. Her latest book is "Sensitive is the New Strong," which talks about the importance of having boundaries, especially as an	58:00:00	Barry@besteverchannels.com

	The Aware Show	The Songwriting Journey	26	Lisa Garr talks with brothers Isaac and Thorald Koren who are on a mission to teach everyone to sing. They encourage us to open up to our creative gifts and believe that everyone can access their own personal note and	57:00:00	Barry@besteverchannels.com
	The Aware Show	Never Alone Mental Health Summit	27	Lisa Garr talks with guests Victor Brick, Dr. Cassandra Vieten & Gabriella Wright. The group discusses the importance of Mental Wellness & working toward a more holistic view including proper nutrition, exercise, social	00:56:56:18	Barry@besteverchannels.com
	The Aware Show	Hypnotic Wealth Spells	28	Lisa Garr talks with Derek Rydall, a best-selling author, transformational leader, and coach. He believes we have an inexhaustible source of wisdom that is available to us all. If we can stop & be still, we can learn that the answers are	00:57:57:00	Barry@besteverchannels.com
	The Aware Show	A Story of Karma	29	Lisa Garr talks with Michael Schaub about his adventure. He set out to conquer a mountain in the Himalayas that he had only seen in photos but a chance meeting in Nepal led him to form a foundation that supports education of youth in that region.	00:55:57:00	Barry@besteverchannels.com
	The Aware Show	The Magic of Surrender	30	Lisa Garr talks with inspirational speaker Kute Blackson, who shares his journey of learning to listen to the quiet inner voice and truly walking in trust. His latest book is "The Magic of Surrender."	00:57:00:00	Barry@besteverchannels.com
	The Aware Show	Being You!	31	Lisa Garr talks with Dr. Dain Heer, co-founder of Access Consciousness. Many of us suffer from a feeling of having to please others or conform to outside pressures. He shares his ideas on how to live authentically & his new book "Be You."	00:57:56:16	Barry@besteverchannels.com
	The Aware Show	The Art of Anti-Aging	32	Lisa Garr talks with anti-aging experts Debra Poneman and Ronnie Newman about the importance of lowering stress for health and vitality. They also share simple meditation exercises and healthy recipes.	00:55:56:20	Barry@besteverchannels.com
	The Aware Show	Numerology with The Numbers Lady!	33	Lisa Garr talks with expert numerologist Glynis McCants. Known as "The Numbers Lady," she talks about the history of Numerology as a numbers system and as a science used by Pythagoras forward. She explains about your life	00:56:56:18	Barry@besteverchannels.com
	The Aware Show	Healthy Living Beauty!	35	Lisa Garr talks with Nadine Artemis, founder of natural skin care company Living Libations, about how most "natural" beauty products contain traces of chemicals. Artemis believes that each plant has a certain vibration which can	00:55:56:20	Barry@besteverchannels.com
	The Aware Show	Hollywood to the Himalayas	36	Lisa Garr talks with author and spiritual teacher Sadvi Bhagawati Saraswati about knowing when to trust a deep, inner calling. She was completing her Ph.D. at Stanford when she left America to live in India, where she has been	00:56:56:18	Barry@besteverchannels.com
	The Aware Show	Business with a Conscious	37	Lisa Garr talks with Tami Simon, founder of Sounds True, and attorney Sibyl Chavis, who have teamed up to develop a course called "The Inner MBA," which focuses on the seemingly diverse worlds of mystical consciousness and	00:56:00:00	Barry@besteverchannels.com
	The Aware Show	Marilyn Monroe: Behind the Icon	38	Lisa Garr talks with Nina Boski, host of the podcast Behind the Icon, which explores Marilyn Monroe's life & the circumstances around her passing. Decades after her death, she is still considered one of the most popular icons	00:55:56:20	Barry@besteverchannels.com
	The Aware Show	Do Cultural Beliefs Impact Your Health?	39	Lisa Garr talks with clinical neuropsychologist and founder of Biocognitive science, Dr. Mario Martinez. He lectures worldwide on how cultural beliefs affect health and longevity more than genetics. He is the author of "The	00:54:56:22	Barry@besteverchannels.com
	The Aware Show	Deeper Understanding of Your Soul	40	Lisa Garr talks with Serena Dyer Pisoni and Saje Dyer, daughters of international best-selling author & the "Father of Motivation" Wayne Dyer, who died suddenly in 2015. They share stories of growing up with him & reflect on his	00:56:56:18	Barry@besteverchannels.com
	The Aware Show	Science and Spirit	41	Lisa Garr talks with Mark Anthony, who is known as the "Psychic Lawyer," about the intersection of science & spirit. His latest book is "The Afterlife Frequency: The Scientific Proof of Spiritual Contact & How That Awareness Will	00:58:26:14	Barry@besteverchannels.com
	The Aware Show	Thriving in Later Years	42	Lisa Garr talks with retired therapist Connie Zweig, who says it's possible to thrive as we age. She is an expert in "the shadow self" & teaches aging as a spiritual practice. Her latest book is "The Inner Work of Age: Shifting from	00:56:56:18	Barry@besteverchannels.com
	The Aware Show	Healing Trauma	43	Lisa Garr talks with psychiatrist Dr. Paul Conti on the invisible epidemic which impacts us all on some level. He believes it's trauma. A graduate of Stanford University & former chief resident at Harvard, he is a leading trauma	00:57:56:16	Barry@besteverchannels.com
	Play 2 Win	Play To Win- Episode 1	1	"Play To Win" pits a group of contestants from around the world against one another for a chance to compete for a life-changing job or a six-figure coaching opportunity with the HIGDON GROUP.	1:21:39	Barry@besteverchannels.com
	Play 2 Win	Play To Win- Episode 2	2	In this episode contestants not only travel from the other side of the world to compete - but they overcome some of the most horrific stories you will ever hear in your life.	1:02:08	Barry@besteverchannels.com

	Play 2 Win	Play To Win- Episode 3	3	This episode is all about HOW to demonstrate your worth and we've never seen so many people pour themselves out and completely rebuild like we saw in this episode.	1:16:56	Barry@besteverchannels.com
	Play 2 Win	Play To Win- Episode 4	4	Getting attention for yourself or for a product is one of the most difficult things you will ever be faced with. We devised a unique marketing challenge unlike any of the previous episodes.	0:54:24	Barry@besteverchannels.com
	Play 2 Win	Play To Win- Episode 5	5	Thousands applied. 40 of the best people were picked and 8 people earned the right to compete for the Grand Prize. Which ONE of them actually Plays to WIN?	1:14:31	Barry@besteverchannels.com
	Play 2 Win	Play To Win Season 2- Episode 1	1	Play To Win is BACK!... and the competition is tougher than ever. Don't miss out as leaders from around the world go head to head to win a spot on the Higdon Group team.	1:04:30	Barry@besteverchannels.com
	Play 2 Win	Play To Win Season 2- Episode 2	2	Here is Episode 2 of Play to Win! And the stories get even more powerful with these new contestants. Who are you rooting for to win?!	0:56:49	Barry@besteverchannels.com
	Play 2 Win	Play To Win Season 2- Episode 3	3	Episode 3 of our Reality Show, Play to Win! It's down to the wire... who are you rooting for?!	1:04:14	Barry@besteverchannels.com
	Play 2 Win	Play To Win Season 2- Episode 4	4	If you thought you knew everything about #PlayToWin...get ready for a wild ride! This one is POWERFUL. Have tissues close by!	1:09:01	Barry@besteverchannels.com
	Play 2 Win	Play To Win Season 2- Episode 5	5	To be successful you have to take risks. Sometimes the biggest risk is letting go and becoming someone new. There will only be one winner - but everyone's life will be transformed. Ready to find out the Season 2 WINNER?	0:54:38	Barry@besteverchannels.com
	World's Greatest Motivators	<i>World's Greatest Motivators - Bob Proctor Episode</i>	1	Bob Proctor, with cameo appearances by Les Brown, David Meltzer, Mary Morrissey and special guest, celebrity boxer and motivator, Sugar Ray Leonard	00:20:18:01	Barry@besteverchannels.com
	World's Greatest Motivators	<i>World's Greatest Motivators - Les Brown Episode</i>	2	Les Brown, with cameo appearances by Bob Proctor, David Meltzer, Mary Morrissey and special guest, celebrity boxer and motivator, Sugar Ray Leonard	00:23:12:26	Barry@besteverchannels.com
	World's Greatest Motivators	<i>World's Greatest Motivators - David Meltzer Episode</i>	3	Starring David Meltzer, and with special cameo appearance by boxing champion, Sugar Ray Leonard	No Media	Barry@besteverchannels.com
	World's Greatest Motivators	<i>World's Greatest Motivators - Mary Morrissey Episode</i>	4	Mary Morrissey, with cameo appearances by Les Brown, David Meltzer, Bob Proctor and special guest, celebrity boxer and motivator, Sugar Ray Leonard	00:23:33:21	Barry@besteverchannels.com
	World's Greatest Motivators	<i>World's Greatest Motivators - Jack Canfield Episode</i>	5	Jack Canfield, with cameo appearance by David Meltzer, interviewer.	00:21:37:05	Barry@besteverchannels.com
	World's Greatest Motivators	<i>World's Greatest Motivators - Lisa Nichols Episode</i>	6	Lisa Nichols, with cameo appearances by John Assaraf, Sharon Lechter, Dr.Rev Michael Beckwith, Shanda Sumpster, David Meltzer and emcee, Paisley Demby.	00:22:29:03	Barry@besteverchannels.com
	World's Greatest Motivators	<i>World's Greatest Motivators - Blaine Bartlett Episode</i>	7	Blaine Bartlett, with cameo appearances by David Meltzer, Cynthia Kersey, John Assaraf and emcee, Paisley Demby.	00:22:28:17	Barry@besteverchannels.com
	World's Greatest Motivators	<i>World's Greatest Motivators - Sharon Lechter Episode</i>	8	Sharon Lechter, with cameo appearances by John Assaraf, Lisa Nichols, Dr.Rev Michael Beckwith, Shanda Sumpster, David Meltzer and emcee, Paisley Demby.	00:23:25:23	Barry@besteverchannels.com
	World's Greatest Motivators	<i>World's Greatest Motivators - Brian Tracy Episode</i>	9	Brian Tracy, with cameo appearance by Erik Swanson, interviewer.	00:22:27:20	Barry@besteverchannels.com
	World's Greatest Motivators	<i>World's Greatest Motivators - Cynthia Kersey Episode</i>	10	Cynthia Kersey, with cameo appearances by David Meltzer, Blaine Bartlett, John Assaraf and emcee, Paisley Demby.	00:22:27:28	Barry@besteverchannels.com
	World's Greatest Motivators	<i>World's Greatest Motivators - John Assaraf Episode</i>	11	John Assaraf, with cameo appearances by with cameo appearances by David Meltzer, Cynthia Kersey, Blaine Bartlett, and emcee, Paisley Demby.	00:22:27:05	Barry@besteverchannels.com

	World's Greatest Motivators	World's Greatest Motivators - Shanda Sumpter Episode	12	Shanda Sumpter, with cameo appearances by John Assaraf, Sharon Lechter, Dr.Rev Michael Beckwith, Lisa Nichols, David Meltzer and emcee, Paisley Demby.	00:22:30:03	Barry@besteverchannels.com
	World's Greatest Motivators	World's Greatest Motivators - Dr Rev Michael Beckwith Episode	13	Dr Rev Michael Beckwith, with cameo appearances by John Assaraf, Sharon Lechter, Lisa Nichols, Shanda Sumpter, David Meltzer and emcee, Paisley Demby.	00:23:28:22	Barry@besteverchannels.com
	World's Greatest Motivators	World's Greatest Motivators - SPARSH SHAH, Special Youth Motivator Episode	14	Spارش Shah, with cameo appearance by David Meltzer, interviewer.	00:22:40:29	Barry@besteverchannels.com
	House Hackers Season 1	EP 1 - Location Location Location	1	Meet the contestants and learn the first of Brian's 5 step House Hacking formula.	0:19:50	Barry@besteverchannels.com
	House Hackers Season 1	EP 2 - Other People's Property	2	Learn why using properties you don't own can be so lucrative.	0:20:56	Barry@besteverchannels.com
	House Hackers Season 1	EP 3 - We Have Company	3	The contestants prepare to make a place livable before guests arrive.	0:22:21	Barry@besteverchannels.com
	House Hackers Season 1	EP 4 - Flip the Switch	4	It's time to make the property listing live on the site and accept bookings.	16:02.1	Barry@besteverchannels.com
	House Hackers Season 1	EP 5 - The Finale	5	Find out which contestant is named the winner and becomes Brian's new business partner.	0:19:41	Barry@besteverchannels.com
	The Keeper of the Keys	Movie		Michael Walden is having one bad day after another ... and there is no end in sight.	1:27:13	Barry@besteverchannels.com
	The Secrets of the Keys	Movie		Elizabeth comes face-to-face with her spiritual guide, Gwen who has an intriguing opportunity for her.	1:49:39	Barry@besteverchannels.com
	KASHF	Movie		A Pakistani man searches for the origins of his family curse.	1:25:17	Barry@besteverchannels.com