

# 2026 ICD Book Club List

as of November 4, 2025

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Date	Book Title	Author & Year	Host
Jan 20, 2026	<b>Filled Up and Overflowing:</b> <i>What to Do when life Events, Chronic Disorganization, or Hoarding go Overboard</i> (142 p)	<b>Diana Quintana, Jonda Beattie 2020</b>	Terry
Feb 11, 2026	<b>Eat That Frog Third Edition</b> (141p)	<b>Brian Tracy 2017</b>	
Mar 10 2026	<b>Understanding Hoarding</b> (128p)	<b>Jo Cooke 2021</b>	
Apr 7, 2026	<b>The Paper Solution</b> <i>What to Shred, What to Save, and how to Stop It Overtaking Your Life</i> (320p)	<b>Lisa Woodruff 2020</b>	
May 18, 2026	<b>The Digital Fast:</b> <i>Detox Your Mind and Reclaim what Matters Most</i> (188p)	<b>Darren Whitehead 2024</b>	
Jun 15, 2026	<b>A Perfect Mess</b> (336 P)	<b>Eric Abrahamson and David Freeman 2006</b>	
Jul 14, 2026	<b>Never Not Working</b> <i>Why the Always-On Culture is bad for business —and how to fix it</i> (224p)	<b>Malissa Clark 2024</b>	
Aug 18, 2026	<b>Time is Power - Create Space For What Matters Most</b> (106p)	<b>Janice Rostrom 2024</b>	Janice
Sep 15, 2026	<b>The Spoon Theory Survival Guide:</b> <i>A Comprehensive Daily Planning System for Chronic Illness Energy Management</i> (83 p)	<b>Dr. Elenda Resilience 2025</b>	Terry
Oct 19, 2026	<b>The Practical Guide to Cleaning and Organizing with ADHD</b> (154p)	<b>Kaye Wrights 2025</b>	
Nov 17, 2026	<b>The Mindful Art of Space Making</b> <i>How to Declutter When You are Overwhelmed</i> (175p)	<b>April Scott Tandy 2025</b>	
Dec 2, 2026	<b>Declutter Your Way to Calm</b> (139p)	<b>Lee Simon 2025</b>	

## 2026 Topic Coverage

A) Productivity	1
B) Time	1
C) Hoarding	2
D) Aging / Chronic Illness	1
E) Clutter	4
F) ADHD	1
G) Special Topics	2

12 books