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WEST SUBURBS

What were the most checked-out library books in 2025?



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How many set a 2026 reading goal but are at a loss to what books to read?

You could follow the lead of patrons of the [Bridges Library System](#) — a network of 24 public libraries serving Jefferson and Waukesha counties. The system recently released its lists of the books checked out the most times in 2025, in multiple categories.

Below are the library system's adult fiction and adult nonfiction lists.

Top 5 Adult Fiction Books

No. 1: 'The Women'

Kristin Hannah's "[The Women](#)," published in February 2024, details a nursing student in her 20s who joins the Army Nurse Corps when her brother is sent to serve the country in the Vietnam War. It tells the story of the chaos of the war and coming back to a country that is divided over it.

No. 2: 'The God of the Woods'

Liz Moore's "[The God of the Woods](#)," published in July 2024, is a drama thriller set in 1975 when a camp counselor discovers an empty bunk of a 13-year-old, Barbara Van Laer. Van Laer is the daughter of the family who owns the summer camp. Van

Laer's older brother similarly disappeared and was never found 14 years earlier. This novel is a story of secrets and second chances.

No. 3: 'The Wedding People'

Alison Espach's "[The Wedding People](#)," published in July 2024, is a comedy drama that takes place in Newport, Rhode Island, when Phoebe Stone arrives at the Cornwall Inn, the only guest who is not there for a wedding. Phoebe always wanted to go to the place to take in oysters and sunset sails with her husband, except she is now there without him. In the meantime, the bride has examined every detail of the wedding, except for Phoebe — and the bride and Phoebe keep confiding in each other. "The Wedding People" is also slated to become a film.

No. 4: 'The Frozen River'

[Ariel Lawhon's "The Frozen River,"](#) published in December 2023, is a historical fiction set in 1798 in Maine inspired by the diaries of Martha Ballard over three decades. The book is centered around Ballard, a midwife, who becomes involved in a murder investigation about a man who was frozen in Kennebec River as he was trapped in the ice. In this investigation, societal injustices are revealed as Ballard investigates this murder.

No. 5: 'Remarkably Bright Creatures'

[Shelby Van Pelt's "Remarkably Bright Creatures,"](#) published in May 2022, is a story of friendship and hope. After Tova Sullivan's husband dies, she works the night shift at an aquarium and forms an unlikely friendship with Marcellus, a giant Pacific octopus. Marcellus figures out what happened the night Tova's son vanished on a boat. As their friendship grows, Marcellus must find a way to tell Tova what happened before it is too late.

Adult Nonfiction Books

No. 1: 'The Anxious Generation'

In Jonathan Haidt's "[The Anxious Generation](#)," published in March 2024, he examined mental health trends to help answer the question: "What happened to young people in the early 2010s that triggered the surge of anxiety and depression around 2012?" The book had four sections. In the first, he showed statistics on young people's mental health. The next sections were on the decline of "play-based" childhoods and the rise of "phone-based" childhoods.

No. 2: 'The Let Them Theory'

In Mel Robbins' "[The Let Them Theory](#)," published in December 2024, Robbins details a step-by-step guide on ways to stop allowing others' "opinions, drama and judgment" to impact one's life. According to Robbins' website, this book will set people free of trying to manage other people.

No 3: 'Good Energy'

Dr. Casey Means and Calley Means' book "[Good Energy](#)" published in May 2024 provides a single framework to comprehending what causes symptoms and diseases. According to the authors' website, the book provides a simple answer to achieve great health: ones' metabolic function. This book explains that many health issues such as depression, anxiety, infertility, insomnia, Type 2 diabetes and dementia can have the same causes, and how we need our cells to create good energy.

No. 4: 'Outlive: The Science and Art of Longevity'

In Dr. Peter Attia's "[Outlive: The Science of Art of Longevity](#)," book published in March 2023, Attia addresses how people can live longer and better by outlining nutritional interventions, ways to optimize exercise and sleep and how to address emotional and mental health. Attia bases his book on creating a proactive strategy for living longer and creating a healthier life.

No. 5: 'Atomic Habits'

James Clear's "Atomic Habits," published in October 2018, provides a guide on creating good habits, breaking bad ones and improving on creating better habits each day. One of the main philosophies of the book is that people are not achieving goals, but fall to the level of their own system.

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