Secret Garden by Johanna Basford

<https://www.amazon.com/Secret-Garden-Inky-Treasure-Coloring/dp/1780671067>

It is impossible to stumble upon adult coloring books and not see the Secret Garden by Johanna Basford. This is a revolutionary book, not only with how detailed the pages are, but because it was one of the first popular and well-known adult coloring books to be created.

**What is Adult Coloring?**

If you don’t know already, adult coloring is the phrase used for people of all ages who enjoy coloring. It used to be that the activity was reserved mostly for children and adolescents, but this is often because of the subject matter of the coloring books.

When new coloring books came out with images and patterns that teenagers and adults could enjoy, it quickly turned into not just a fad, but a trend that isn’t going anywhere.

Aside from entertainment, people have discovered that when they focus on coloring, they focus less on stress, anxiety, depression, worries, and fears. It really transports you to a simpler time when you just sit and color, relax, and don’t worry about anything else for a while.

**About Secret Garden**

When adult coloring first became popular several years ago, the Secret Garden book by illustrator Johanna Basford was among the first books to come out. Many people believe this was one of the reasons it became so popular for people of all ages to enjoy coloring, not just children.

This coloring book is different than many before and after it because it is set up like a real, beautiful, display book. It is longer than most at 96 pages, and even has a dust jacket. It is paperback, so it does open easily in order to color the pages, but you will enjoy displaying this on a bookshelf or your coffee table, where people can open up the pages and enjoy what you have created.

**Why You Should Buy This Book**

Inside the Secret Garden coloring book, you find what you would imagine a secret garden might have. There are beautiful flowers, leaves, bushes, and trees, little critters like rabbits and turtles, iron gates, and lovely landscapes. It really provides everything you could want for a fun coloring activity.