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The Adventures of Ooga and Zeeta: The 12 Cs: Life Tools to Thrive

Gretchen Burman

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In *The Adventures of Ooga and Zeeta*, author Gretchen Burman introduces adults and children to **The 12 Cs**: 12 essential life tools that build boys' and girls' social-emotional intelligence to help them successfully navigate life, make good choices, and maximize their happiness. The 12 Cs become a common vocabulary that can be reinforced during childhood before social pressures and outside influences take a stronger hold – helping both adults and children be better prepared and respond more effectively when challenges arise.

Through relatable stories, interactive activities, and tips for kids, the book provides the language to proactively and reactively discuss life's anxieties, obstacles, and how to grow up in a way that is positive, healthy, and fun. Through the use of thought-provoking and memorable characters, children also learn the power of positive thinking – how to keep their negative inner voice quiet while being self-compassionate. The book can be used to initiate conversations or as a reference guide to be read over and over again as life happens. As a result of witnessing Ooga and Zeeta successfully work through challenges similar to their own, readers will feel encouraged and inspired that they are not alone.

Everyone has ups and downs – that's part of growing up - but the goal of The 12 Cs is to help children learn how to make their ups last longer and make their downs end more quickly. The 12 Cs will fill their life skills toolbox so they can lead a more fulfilled, balanced, and positive life for both themselves and their community.

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