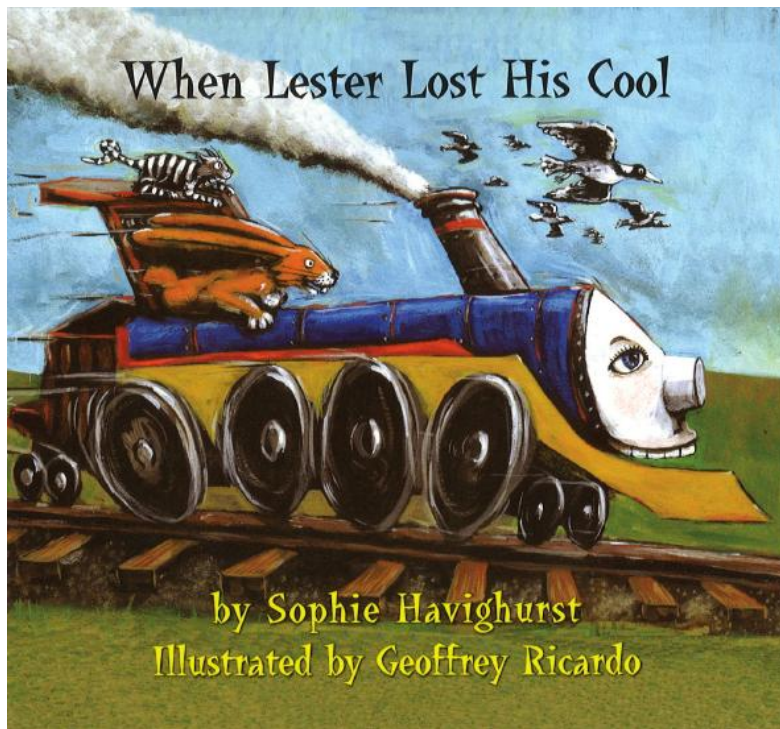


# Tuning in to Kids™ Resources

## When Lester Lost His Cool



Children's Book

Written by Sophie Havighurst  
Illustrated by Geoffrey Ricardo

When Lester Lost His Cool provides parents and teachers with a fun way of helping children express, understand and manage anger. Written by clinical psychologist, Dr Sophie Havighurst, the book is used in the *Tuning in to Kids™* parenting program, and other programs that foster children's emotional intelligence.



Mindful – Centre for Training and Research  
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Please send me \_\_\_\_\_ copy/copies of *When Lester Lost His Cool* at \$18 (GST inclusive) per copy (including postage and handling in Australia). The price per unit drops to \$16 for purchases of 10 books or more. For outside of Australia postage must be quoted on an individual basis OR buy online at: [tuningintokids.org.au/professionals/resources](http://tuningintokids.org.au/professionals/resources)

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