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**Family Residences and Essential Enterprises, Inc. (FREE)**  
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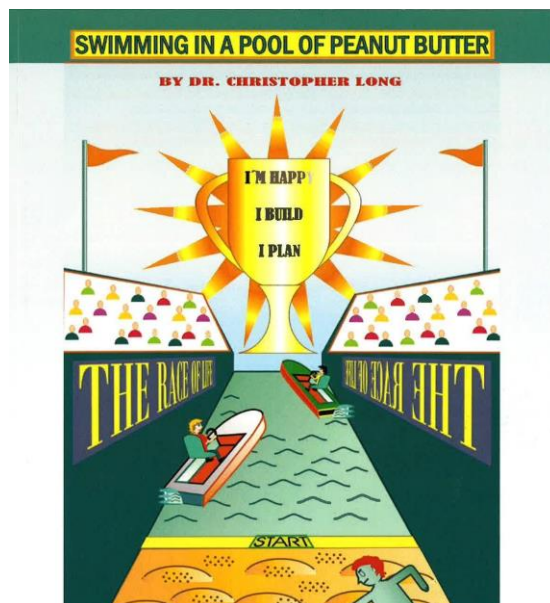
**FOR IMMEDIATE RELEASE: October 23, 2014**

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**RELEASE OF “SWIMMING IN A POOL OF PEANUT BUTTER”  
ANNOUNCED BY FAMILY RESIDENCES AND ESSENTIAL  
ENTERPRISES, INC. (FREE)**

**FREE COO PENS BOOK WRITTEN FROM PERSPECTIVE OF CHILDREN WITH  
ADHD**



Old Bethpage, NY – Family Residences and Essential Enterprises, Inc. (FREE) announces the release of FREE COO Dr. Christopher Long’s highly anticipated book *Swimming in a Pool of Peanut Butter*, a book written from the perspective of children with ADHD.

More...

FREE COO Dr. Christopher Long's highly anticipated book *Swimming in a Pool of Peanut Butter* is written from the perspective of children with ADHD. The motivation for writing the book was Dr. Long's own five children, all adopted out of the New York City foster care system.

Identifying, nurturing and appreciating the positive attributes of ADHD can empower a child to accomplish the extraordinary. Despite the many obstacles children with ADHD face each day, we can benefit from pausing, allowing the voice of children to inform us! *Swimming in a Pool of Peanut Butter* is an inspiring book that offers a perspective that we must all consider.

The book will be available for purchase on Amazon with all proceeds going to benefit the Family of FREE Network Youth Services.

About Family Residences and Essential Enterprises, Inc. (FREE)

Family Residences and Essential Enterprises, Inc. (FREE) founded in 1977 and headquartered in Old Bethpage, benefits and proudly supports more than 3,500 individuals with intellectual disabilities, mental illness and traumatic brain injury. It is the mission of FREE to help individuals of all abilities realize their full potential. FREE provides a diverse array of supports and services including: housing, recovery services, transition to work, employment, day, community and family services, respite, crisis services, education and after-school support, primary and specialty health care and advocacy. For more information, please call 516-870-7000 or visit [www.familyres.org](http://www.familyres.org).

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