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I am following the free Christian program at **NoTalk.com**. Our daily worlds have so much noise that it constantly floods our minds and spirits. **NoTalk** allows us to do as spiritual men and women did in the Bible. **Get quiet, slowdown and listen to The Creator.** You will be amazed at the peace you get when you are quiet and still. When we are silent, we can hear God. Do you have too much "stuff" in your world? Perhaps you too need a few **NoTalk** days.

"Be still and know that I am God." Psalm 46:10

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