

Shrink Your Dress: Review Examining Dr. DelRae Messer's Transformational Training Program Released

SUMMARY: ConquerHisHeart.com releases a review of Shrink Your Dress, a newly launched training course for women who want to get into great shape, improve their relationships and sky-rocket their confidence without sweating for hours in the gym or following restrictive diet plans.

Shrink Your Dress - which promises to help women quickly drop dress sizes while supercharging their confidence and energy levels has just been released to the public sparking a frenzied buzz of media excitement. The excitement surrounding the product's launch has caught the attention of ConquerHisHeart.com's Jennifer DeMarco, prompting an investigative review.

"While there are numerous interpersonal issues that can adversely affect our relationships, we've found that most dating advice books, and relationship guides fail to address health and body-image which are two of the most important, core issues affecting women," reports DeMarco, "The truth is that our emotional health, our physical health, and the health of our relationships are all interlinked, and when we try to fix our relationships without addressing the deeper issues, it's really just like putting a band-aid on a bigger problem. This is why we were so excited when we heard about Dr. DelRae Messer's new Shrink Your Dress program. This is the first system I'm aware of to ever take such a holistic approach to these important issues, and I was very eager to post a review on the course on our website."

The Shrink Your Dress system is available digitally online exclusively through Messer's website, allowing customers instant to all training materials. Inside the members area, customers receive a series of live training workout videos, 28 days worth of meal plans, menus, and shopping lists. In addition the program also currently comes with several bonus reports including "Energy Boosting Secrets", "Metabolism Boosters", "How to Instantly Look 10 Pounds Thinner", as well as advanced training on how to connect with high quality men, from Jonathan Green, co-author of the Girl Gets Ring program.

"Our Shrink Your Dress review explains that Messer's system incorporates 3 pillars of body sculpting to help users reach their goals of losing a dress size or more in just one month," says DeMarco. "One of the things that impressed us the most about the course was the fact that it was designed to produce fast results. This is important as the affirmation that comes from seeing quick results in the mirror can play a key role in keeping people on track so that they can reach their goals."

[Those wishing to purchase Shrink Your Dress, or for more information, click here.](#)

Jenny DeMarco provides reviews of popular dating guides for women on her website ConquerHisHeart.com. Those interested can read DeMarco's Shrink Your Dress review at the following web address:
<http://www.conquerhisheart.com/dr-delrae-messer-shrink-your-dress-review/>

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