



# The One Plan: A Week-by-Week Guide to Restoring Your Natural Health and Happiness

By Yogi Cameron Alborzian

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## The One Plan: A Week-by-Week Guide to Restoring Your Natural Health and Happiness By Yogi Cameron Alborzian

What if you could follow a program that, like in so many other books, helped you get results in only a couple of weeks? As with these other programs, you could lose weight, attract more beneficial relationships, and find a greater state of balance in very little time. But what if, on top of all that, the program helped you create not just a fast change, but a permanent one? What if you had a plan that has all the benefits of a short-term overhaul but with the guidance necessary to ensure that it's the last program you'll ever need?

Over two thousand years ago, the Indian sage Patanjali compiled what we now know as *The Yoga Sutras*, a concise text that forms the basis of everything we know today about the philosophy of the yogic path. In *The One Plan*, Yogi Cameron lays out a fifty-two-week structure based on Patanjali's teachings as well as the ancient medical system of Ayurveda; it delivers the proven authenticity of an ancient path but has been adapted to take your life in the modern world into account.

As a practical and accessible guide to help you improve your life, *The One Plan* will provide you with specific exercises and regimens for crafting an effective daily routine, tips and reminders for becoming truly grounded in that routine, real-life stories and inspiration, practical tools for responding to life's inevitable struggles and setbacks, and even a section on eating the Ayurveda way. By following the One Plan, you will live a life of health, balance, and purpose.

Your commitment to the One Plan may last fifty-two weeks, but the changes you make will last a lifetime.

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*By Yogi Cameron Alborzian*

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### Editorial Review

#### Review

“The famously chiseled yogi helps readers curb the excess that can lead to suffering, not to mention unwanted pounds.” (**Vogue**)

“Yogi Cameron is a wonderful teacher who can help us make conscious choices about our health and well-being.” (**Tal Ronnen**, author of *The Conscious Cook*)

“I am impressed and inspired by Cameron’s profound wisdom. He’ll teach you how to live a nourishing life by making wellness a part of the superstar you truly are.” (**Kris Carr**, author of *Crazy Sexy Diet*)

#### About the Author

Yogi Cameron Alborzian is a yogic therapist and the author of *The Guru in You*. After completing years of study under his guru at Arsha Yoga Vidya Peetam Trust in Coimbatore, India, he has taught internationally to demonstrate how this ancient path can be of benefit to all. Yogi Cameron has appeared on *The Dr. Oz Show*, *NBC Nightly News*, *The Today Show*, and *The Ellen DeGeneres Show*, as well as in such publications as *Elle* magazine, the *New York Times*, *Men's Journal*, and *The Wall Street Journal*. He is the host of *A Model Guru*, airing nationwide on Veria Living.

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