

ABSTRAK

After reading and translating the book written by Matthew J. Culligan and Keith Sedlacek, M.D. entitled 'How to Avoid Stress before It Kills You', the writer concluded that the book describes how stress affected body and how it become more serious if people do not make any efforts to handle it. This book also gives the readers methods and treatments that can uses as a tool to fight stress.

In this translation there are three process of translation: Analyzing, transferring, and restructuring. Not only the process, but this translation uses some methods too. The writer uses Semantic Translation, Word-for-word Translation, Free Translation, and Literal Translation. But, Free and Semantic Translation are the most used in translating this book. Many difficulties are found in translating this book, because the book has many difficult words and sentences. So that the process and methods are needed in this translation in order to makes readers get the meaning of the book.

