

ABSTRACT

This report contains a translation project that has been carried out by the translator as her final paper. Considering the excessive mindset of people in this era, the translator decided to translate a book entitled *Don't Overthink It: Make Easier Decisions, Stop Second-Guessing, and Bring More Joy to Your Life* by Anne Bogel. Many people falsely believe that this overthinking means being cautious before making a decision. In fact, excessive overthinking might have a negative impact on the individual's health. This book provides effective answers to a variety of small questions that may have both immediate and long-term effects. The applied method used by the translator is the TL-oriented method along with Newmark's method (1988), communicative and idiomatic translation methods. During the translation process, the translator encountered some difficulties that were related to their confidence in translating as well as translating idioms. However, the translator managed to overcome the problem with theoretical references and consultation with the supervisor. She managed to increase her confidence in exploring related expressions and managed to get words related to idioms in the target language which she considered difficult.

Keywords: Translation, Communicative Translation, Mindset, Mental Health.