

## CHAPTER V

### CONCLUSION AND SUGGESTION

This chapter contains the translator's conclusions and suggestions for those who intend to take the same project.

#### 5.1. Conclusion

Considering the current era's unhealthy pattern of excessive thinking, the author decided to translate Anne Bogel's book *Don't Overthink It: Make Easier Decisions, Stop Second-guessing, and Bring More Joy to Your Life*.

This is a self-help book published by Bakers Publishing Group in 2020 that explores our habits of being stuck in what-if cycles, plagued by uncertainty, and paralyzed by the fear of being wrong. This book offers effective solutions to a variety of small questions that may have an immediate impact as well as a longer-term impact.

The translator decided to use a TL-oriented method that focuses on the target readers when translating this book; this method will make it easier for readers to understand the meaning of the translated text naturally or not rigidly.

During the translation process, the translator experienced major difficulties due to her lack of confidence in translating and in translating idioms. However, in the end, by using several approaches from the theories that have been presented and consulting with the supervisor, the translator managed to find a

way out for every translation obstacle she experienced and succeeded in applying the methods that became her reference for translation.

## **5.2. Suggestion**

For those who wish to manage a translation project, the following are some suggestions that may be of extra help during the process of translation:

- 1) Before beginning the translation process, spend some time immersing yourself in the text. Reading the book more than once would be beneficial because we already have a good understanding of what it is about, which would speed up the translation process. This happens because when we read the source text, our brains automatically do a rough translation of what we're reading.
- 2) Confidence in translation is crucial. When we are afraid to explore, our translation becomes stiff and difficult for the target reader to understand.
- 6) During the translation process, give yourself more time. Translation, editing, and proofreading require considerable time during the translation process. Working too many hours in a day can also lead to losing focus. In summary, being able to focus and enjoy the translation process takes a long time.