

ABSTRACT

A Translation of *The School of Life-How to Stay Sane* by Philippa Perry (January 2021)

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The researcher chooses a book with psychological self-help genre entitled *The School of Life-How to Stay Sane* (2012), written by Philippa Perry. This book tells the reader how to create a situation to make sense through self-observation, relating to others, stress, and personal narrative. This book is translated to Indonesian by using theories from Newmark & Munip. In translating the book, the researcher applied the theories of methods, strategies, and translation quality. Other than that, to support the book's content and meaning, several theories from seven psychological perspectives are also included in this research. From the seven psychological perspectives, one perspective called the cognitive psychologist perspective is the essential point to discuss because it deals with thoughts and behavior. This research aims to approach the reader through a cognitive psychological perspective to produce the impact as expected, namely that the readers will be motivated and able to control their actions, feelings, and thoughts after reading the translated book *The School of Life-How to Stay Sane*. The researcher encountered problems in lexical problems, stylistics, and terms in several parts of the text. Even so, the translator still provides accuracy, readability, and clarity in the target language.

Key Words: Translation, Psychological perspective, Sanity.