

Abstract

The bachelor thesis is divided into two parts. The first part presents the Czech translation of the first twenty pages of the French book *L'Estime de soi: S'aimer pour mieux vivre avec les autres* written by Christophe André and François Lelord who are both French psychiatrists and psychotherapists. The selected pages represent the opening part of the book which is in fact a popular science psychological publication about self-confidence. The book itself sheds light on the composition of self-confidence and on the possible sources of problems related to self-confidence. It also advises the readers how to explore their own self-confidence.

The theoretical commentary represents the second part of the thesis. First, the commentary analyses thoroughly the original text. Second, it characterizes the Czech translation that the author intended to create as well as the translation conception which has been established based on the analysis of the original text. Third, it deals with selected translation problems encountered while translating the text and it also explains the chosen solutions. Finally, it analyses the variety of translation processes and shifts which took place during the translation.

Key words

translation, translation analysis, commented translation, psychology, self-confidence, popular science books