

## **Abstract**

This bachelor's thesis is divided into two parts: a practical one and a theoretical one. In the practical a translation of the Spanish original text, the handbook called *El estrés y el arte de amargarnos la vida* by the collective of authors Miguel Costa, Zulema Aguada and Itizar Cestona is presented. In the theoretical part the Spanish original text and the translations problems are analysed, and the used translation methods and shifts are presented. The handbook contains practical advice and tips on how to deal with stress and is divided into three main chapters. This bachelor thesis deals with the first two of them and the first two subchapters of chapter three and can thus be a starting point for the translation of the entire handbook into Czech, from which the Czech reader can benefit when dealing with crisis stress situations.

**Key words:** handbook, stress, stress reaction, sympathetic system, parasympathetic system, annotated translation, translation analysis, translations problem, translation method, translation shift