

PREFACE

Assalamu 'alaikum Wr. Wb

All praises to Allah the one and only that has given us bless and love. Because of his mercy, the writer can finish this final report well and the translation of the book entitled *How to avoid Stress before it Kills You* cannot be done without any supports and helps from people in my life. This final report is submitted to fulfill of the requirement for graduating Diploma III English Vocational.

The writer realized that this translation is has a lot imperfections. The writer hopes that this final report will be one of works that can be accepted by all readers and become useful for university students that want to make final report.

Bandung, 2017

The Writer