

BOOK REVIEW

**Ildikó Horváth. 2012. *Interpreter Behaviour: A psychological approach*.
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Ildikó Horváth has specialised in interpreting studies for about a decade. Her PhD in Applied Linguistics (2007) dealt with the role of autonomous learning in interpreter training. Horváth's book *Interpreter Behaviour: A psychological approach* is a continuation of her research based on her experiences as an interpreter and an interpreter trainer.

Interpreter Behaviour: A psychological approach is a comprehensive overview of the areas that are central to interpreting as a profession: communication, language and speech, language and the human brain, cognition, creativity, stress management and learning. It makes the book excitingly interdisciplinary: Horváth's study is based on research in communication studies, psycholinguistics, cognitive science and sports psychology. Her interpreter-centred view sheds new light on the profession, provides ideas for further research and makes *Interpreter Behaviour* a compulsory read for students and teachers of interpreting as well as professional interpreters. Both novices and experienced interpreters alike can find useful insights about how to improve their professional expertise, from breathing and speech production to text delivery and autonomous learning. The book is also extremely insightful for those who rely on interpreters by revealing the complex physiological and psychological processes that are involved in the act of interpreting.

Interpreter Behaviour: A psychological approach is divided into seven chapters that reflect the gradual formation of an interpreter's skill and knowledge. Each chapter draws upon recent linguistic and psycholinguistic findings. Horváth does not shy away from controversial areas, such as the neuropsychological aspect of cerebral lateralisation and bilingual competence (where research results remain inconclusive). Horváth also addresses the relatively unexplored idea of adopting a creative approach to interpreting. *Interpreter Behaviour: A psychological approach* provides a broad context for all the areas under discussion: stress in interpreting, for instance, is compared to stress in sports,

with the consequent questions that raises about personality traits and the possible need for additional training. Horváth's exhilarating work is sure to provoke fresh debate and hopefully new research into the many areas she covers within the limited scope of the book.

Interpreter Behaviour: A psychological approach is written in a brisk style, playfully mixing scientific jargon with a more down-to-earth that should resonate with young professionals. *Interpreter Behaviour* is compelling reading not least for the new insights it provides into one's own behaviour as an interpreter and a person. The book contains a wealth of new and interesting facts.

Finally, *Interpreter Behaviour: A psychological approach* demonstrates Horváth's own creativity and courage by boldly stating her ideas and, in doing so, helping to raise the profession of interpreter to a new level of professionalization. At last the profession has a new much needed theoretical book to refer to.