



AECC
University College

Research Repository

Book published by: Human Kinetics

Tibbert, S., & Andersen, M. B. (2015). Overtraining in professional sport: Exceeding the limits in a culture of physical and mental toughness. In M. B. Andersen & S. J. Hanrahan (Ed.), *Doing Exercise Psychology* (pp. 233–258). Human Kinetics.

Available online: <http://dx.doi.org/10.5040/9781492595427.ch-0015>