

## 11TH STREET DINER

Corner 11th Street and Washington Ave.,  
MB 305.534.6373

Array of home-style American diner cuisine, from meatloaf to fried chicken. Daily specials and great prix fixe menu for only \$12.99. Can't beat the prices here! It's where the locals eat as well as the starving tourists.

## A LA FOLIE

516 Espanola Way MB | 305.538.4484

South Florida's original crêperie that is more café-like in its offerings of classic French crepes, sandwiches, salads, and platters. A very casual, friendly lounge with competent, knowledgeable wait staff. No need to rush here! It's French, after all! Sit, relax, peruse the numerous periodicals over a glass of Pouilly Fumé or a Stella Artois. Or maybe an herbal tea or infusion. Right in the heart of the fabulous Española Way neighborhood. Outside lounge open for special champagne nights in season. Call for special prix fixe international dinners.

## CAFÉ AT BOOKS & BOOKS

933 Lincoln Road, MB | 305.695.8898

One of the most important things that Books & Books has that sets it apart from any other

chain bookstore is a wonderful personality. Not only can you find the latest books and coolest magazines, now you can enjoy truly delicious and generous food in one of the most relaxed environments possible on Lincoln Road. The food is really quite something, especially their Miami Cheese Steak Sandwich.

## DA LEO TRATTORIA

819 Lincoln Road, MB | 305.674.0350

One of the pioneers of Lincoln Road, Da Leo is popular spot with locals, tourists, and celebrities. Where else could you enjoy rich, tasty food, which is basic home-style pastas and meat dishes, and some of the best people-watching while dining al fresco. Ask about their special prix fixe menus – one at \$15.95 and one at \$27.50. They can't be beat. Full bar with drink specials, too. The service has been outstanding as owners Leo and Mario keep careful watch.

## DAVID'S CAFÉ II

1654 Meridian Ave., MB | 305.672.8707

You don't have to travel 90 miles to enjoy Cuban cuisine. Just walk over to David's Café II off of Lincoln Road Mall on Meridian Avenue for some of the finest Cuban dishes anywhere. And all at very reasonable prices.

They're open 24 hours. Full bar. Incredible buffets for those on the go.

## FRONT PORCH CAFÉ

1418 Ocean Drive, MB | 305.531.8300

After 17 years of serving South Beach locals the freshest, impeccable meals in generous portions, this restaurant has nothing to prove. It's the best for casual fare at any time, but especially for their breakfasts. A great menu with the most reasonable prices. You might have to wait, but be patient, it's well worth the effort as Larry, Michael, and Dawn cater to your every need.

## JOEY'S

2506 NW 2nd Ave., Miami |  
305.438.0488

Swing by this new artsy Italian eatery for some incredibly authentic Italian nibbles as chef Ivo takes you on a culinary journey through the Veneto region of Italy. The mista salad is a great way to kick off your meal and the spaghetti alle vongole – spaghetti with mussels – or the butter flied beef tenderloin are two tasty dishes to enjoy as an entrée.

## KONEXPRESS

445 Espanola Way, MB | 305.420.5809

Brazil's most well known Japanese Brazilian

restaurant concept is now in Miami Beach, and offering an assortment of delicious Kones, sushi rolls, sakes, and salads. Swing by for Sake-Bomb Fridays starting Nov. 20th at 6 p.m. for \$5 sake-bombs and free sushi.

## LA SANDWICHERIE

229 14th St., MB | 305.532.8934

Sandwiches and salads along with fruit smoothies and shakes is what you will find at this landmark sandwich shop on 14th Street between Washington and Collins. It's one of the best places on the Beach for an outstanding selection of light fare with a French flair. Very reasonable prices. Open from 9 a.m. to 5 a.m. and delivery until 10 p.m.

## MAYA TAPAS & GRILL

809 Lincoln Road, MB | 305.538.0058

Lincoln Road is jam packed with some of the trendiest places to grab a bite in SoBe, and Maya is definitely one of them. Indulge in their succulent steak and imbibe on one of their fantastic wine selections – all while enjoying a front row seat of Miami's most beautiful and glamorous!

## WIRED ON: MENTAL HEALTH

DR. GREGG A. PIZZI, PSYCHOLOGIST

# BALANCING YOUR LIFE: YOUR OCCUPATION



This issue's focus from the ten-part series on balancing your life will be on your work or your professional life.


For many people, what we do for a living drives much of how we behave, where we live, whom we get involved with, and what our interests are. How many people do you know who have moved to other cities,

that when you truly enjoy your work, it's like being paid to have fun. Even when our jobs can be challenging and stressful, when we love what we do, the stress takes less of a toll and we find meaning and motivation to forge ahead.

The work we do for a living also gives us a sense that we are participating in society and contributing to the greater good. Or at least it should give us this feeling. Sometimes, one's job ceases to provide the emotional or social satisfaction it once gave us, and we may need to re-evaluate whether we are better-off staying in our current position or looking for other opportunities. Job burnout and feeling unappreciated at work are often triggers for depression and anxiety, and may lead to substance abuse and other self-destructive behaviors.

While pride in one's career choice or job is healthy, we must take care to ensure that our life is not overtaken by the demands of our job or profession. The term 'workaholic' is used, often lightly, to refer to someone whose life is consumed by their job to the exclusion of other important things, like family, relationships, physical health, or a social life. This is less than desirable, of course, and leads to an imbalance that prevents us from overall health and well-being. Overinvolvement in work and not enough energy spent on non-work activities actually ends up harming one's professional life in the

long run, because the person will soon no longer be able to function as a complete individual, and performance in all areas will fail.

American culture, compared to other nationalities, tends to emphasize work and productivity, while other countries are better at recognizing the importance of relaxation, family, and personal time. I was reminded of my own American-influenced attitude of idolizing work when I once suggested to someone, who was anxious to get done with work to be with her family on a holiday, that it was good that she had a job. Her response, without missing a beat, was (in Spanish): "Well, there is more to life than work!" She is certainly right about that. 

Dr. Gregg A. Pizzi, Licensed Psychologist, specializes in the Emotional Health & Wellness of the GLBT community. An Imago Relationship Therapist and HIV Psychologist Trainer, he can be reached at 1-888-DRPIZZI or [www.DrPizzi.com](http://www.DrPizzi.com)

