

Celebrating the ‘full roar’ of self-belief

Sublime collection of whimsical and urbane paintings paired with inspirational quotes in new volume

By J.C. Amodea

“Celebrate your journey. Not the one someone else mapped out for you, but the one you are meant to walk, in your own shoes, at your own pace — a path that begins with a whisper of curiosity and grows into the full roar of self-belief.” So says Amy Moglia Heuerman, a life-long artist, illustrator — and painter for the last decade. She paints in various genres and, to date, has amassed some 402 paintings; coastal, abstract and figurative.

Spreading her wings, she decided to gather a collection of her popular “The Girls” paintings into a self-published book that she said can be placed in many areas of the home, from girls’ bedrooms to living areas, to spark thoughtful reflection. “That range speaks to their emotional resonance, to the universal power of movement and color in art,” Heuerman said.

Heuerman expects the 300 printed volumes to be limited editions; the book includes 83 images.

“I wanted to include a variety of my paintings because some are more whimsical and childlike, whereas others are more sophisticated and include elements of my abstract paintings and layering techniques,” she said. Each image is cleverly paired with an assigned quote from a recognizable source.

About ‘The Girls’ collection

“The collection was born during COVID,” she said. “During the pandemic, I got scared, as did many people, and I decided to paint my inner five-year-old — protected, naive, joyful, where the big bad world could not touch me.” Heuerman conveyed that “The Girls” paintings were deliberately painted faceless — not as portraits, but as expressions meant to convey joy and freedom.

“Sometimes they appear youthful and playful; other times, more complex, with layered patterns and moods,” she said. “I wanted to express a sense of confidence and abandon to be one’s authentic self, without the constraints of others’ expectations and the inner joy of being who you are, protected and loved for who you are. Their emotions live in the way they move, the tilt of a head, an outstretched arm, the lift of a leg.”

With each image, “The viewers are encouraged to see each of us and everyone,” she explained. “It started with me, but they are the souls that walk the earth. They’re the child within, the people we’ve become, the spirit that connects us.”

The quotes

The stated intention of the book



Artist Amy Moglia Heuerman of Amy Art Gallery & Studio in Naples with her new book of images of her popular “The Girls” paintings. Photos courtesy Ed Chappell



ABOVE: A book signing of the new coffee table book featuring images of “The Girls” paintings by artist Amy Moglia Heuerman will be held at Amy Art Gallery & Studio 10 a.m.-noon on Nov. 13. Pictured on the cover is “Curiosity, 2025.”

LEFT: A newly published art book of richly-colored images of “The Girls” collection of paintings by Naples artist Amy Moglia Heuerman.

The Girls by Amy Moglia Heuerman book debut and signing event

When: 10 a.m.-noon Nov. 13

Where: Amy Art Gallery + Studio, 950 First Ave. N., Naples (in Naples Design District)

Availability: Purchase a signed copy at the Nov. 13 book launch (\$100 plus tax); pick up at Amy Art Gallery + Studio; sign up at the website to have it mailed (shipping fee added)

Gallery and studio hours: 10 a.m.-5 p.m. Monday to Saturday

Contact: amyart.net or 402.203.2041

is to inspire readers to reach their authentic selves, to motivate and to choose joy.

“Since each of the paintings conveys an emotion or a color, I turned to Google and artificial intelligence with key words; I was presented with a rich collection of quotes,” the artist said. “If I weren’t familiar with the author, I researched and learned, so it was an exciting journey for me. Some are well-known, like J.K. Rowling, Ralph Waldo Emerson or F. Scott Fitzgerald. I also discovered writers like Christy Ann Martine, Leigh Hunt and Jonny Ox. With more than 80 paintings in the book, it was important that each quote spoke to the art, and that I didn’t repeat authors.”

A few select quote pairings

- Painting “Paper Angel” with a quote from Winston Churchill, “Success is not final, failure is not fatal. It is the courage to continue that counts.”
- Painting “Panache” with a quote from Lalah Delia, “She remembered who she was, and the game changed.”
- Painting “Bespoke” with a quote from Dr. Seuss, “Why fit in when you were born to stand out?”

Pensive about what she’d like art lovers to take away from the book, Heuerman said, “I want people to reach inside and feel how special they are, with all their quirks and flaws, and be the best they can be, follow their dreams and bliss. The book can be dipped into on a daily basis to motivate and lift one’s spirits.” 