

SARAH GISH short bio

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www.IgniteYourOwnLife.com

Sarah Gish grew up in Houston, Texas as the child of two Californians, one a German professor (dad) and the other a psychologist (mom) – both PhDs! Sarah has lived in the United States, France, and Japan. She received a Bachelor of Arts in Art History in 1985 from UT Austin.

Sarah worked at 2 museums (Blaffer Art Museum and The Museum of Fine Arts, Houston) and as a radio DJ in Houston and Tokyo. She is the owner of Gish Creative: a personal, family, and business enrichment company whose goal is to ignite lives, champion culture, and create connections. Gish Creative was founded in 2000 after Sarah left her position as the Landmark Theatres Houston City Manager, overseeing the Greenway, River Oaks, and Saks movie theatres. Years later, she helped save the River Oaks Theatre twice: in 2007 and 2021, using the Margaret Mead quote for inspiration: “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.” Sarah has been a freelance writer for several magazines, including Arts + Culture Texas, CultureMap, Houstonia, Natural Awakenings Houston, OutSmart, and PaperCity.

Sarah is a CONNECTOR and an IGNITER and an INFO-PRENEUR who loves to inspire people to explore Houston through her digital publication, GISH PICKS: CURATED CULTURE FOR KIDS AND ADULTS (www.Facebook.com/GishPicksAdults and www.Facebook.com/GishPicksKids). People can subscribe to her blog at www.TinyUrl.com/GishPicksSubscribe.

In 2013, Sarah created IGNITE YOUR LIFE! (www.IgniteYourOwnLife.com), an ongoing and ever-expanding art project which helps people ignite their lives as a firewall to addiction, anxiety, depression, and isolation. It’s in honor of her brother Geoff who died of alcoholism in 2004 – Sarah got sober in 1985 because of him. She is writing a book about her project that includes her “12 Ways to Ignite Your Life Daily” (www.TinyUrl.com/12WaysToIgnite). And in 2016 and 2026, she produced 2 [FotoFest](#) Participating Spaces exhibitions from her catalogue of photographs.

She has created five “daily driver” art cars since 2003 and currently drives her fifth, Iggy the Igniter (www.Facebook.com/IggyTheIgniter), which won Third Place in the Painted Art Car category in 2026 in the world-renowned Houston Art Car Parade. Her fourth car, Love Ignites!, won First Place in the painted category in the 2022 Houston Art Car Parade. She also won the Houston Art Car Klub’s Brother BrianBryanBryanTaylor Memorial Award in 2024 because she was voted the best art car ambassador in the Klub. HACK is a loose association of art car artists from around the country and beyond that is based in Houston, the “Art Car Capitol of the World.”

Sarah does many things to help people increase their personal peace: she is a Certified Veriditas Labyrinth Facilitator and leads labyrinth walks & workshops; she presents workshops that ignite your life; she does virtual and in person IGNITE! Sessions that help people focus their dreams and find their purpose; she does talks and workshops relating to mental health and addiction; and she works for Young Audiences of Houston teaching creativity and meditation. Sarah has been sober since 1985 and draws upon wisdom from that experience for all her teachings and her art and her life.

Sarah is an artist, a writer, a teacher, an igniter, a connector, and a lover of Houston and of LIFE. It is her greatest joy to encourage everyone around the world to be the artist of their own life! Sarah lives in Houston and is married to her childhood friend, Stuart Buchanan. They have 2 delightful and unique grown sons, Alexander and Matthew Buchanan.