



WASHINGTON, DC • LONDON • BRUSSELS • HONG KONG • WWW.ICI.ORG

---

Sarah Holden, from the Investment Company Institute, shares how to save for retirement with amazing results. In this discussion with host Ann Nelson, Sarah reveals why being a consistent saver and following a few simple money rules can make a tremendous difference to your bottom line.

[Listen Now](#)

**More information**

[What Does Consistent Participation in 401\(k\) Plans Generate? Changes in 401\(k\) Plan Account Balances, 2010–2016 \(pdf\)](#)

---

Copyright © by the Investment Company Institute. All rights reserved. Information may be abridged and therefore incomplete. Communications from the Institute do not constitute, and should not be considered a substitute for, legal advice.