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How to Save for Retirement with Amazing Results on the Retire Well, Retire Happy Podcast

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.

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

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