

## Sarah Holden on 401(k) Plans, “Free Money,” and More on the Best Friends Finance Podcast

In conversation with hosts Amanda Kessler and Lara Ford, ICI Senior Director of Retirement and Investor Research Sarah Holden shares the benefits of 401(k)s and IRAs.

**Listen Now**

**More information**

[401\(k\) Resource Center](#)

---

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.