

Do You Have Saving Regret?

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Do you wish you had saved more earlier in life? If so, you're not alone. In fact, some 59 percent of the population aged 60 to 79 wished they had saved more, according to a new study co-authored by Susann Rohwedder of the Rand Corporation.

What are the causes of saving regret? Well, Rohwedder and her colleagues looked at two culprits: procrastination and the role of shocks, both positive and negative. And what they found will surprise you. In the podcast, Rohwedder also discussed what you can do to avoid wishing you had saved more for retirement earlier in life.