

Laura D. Adams

Personal Finance Expert at Unum

Austin, TX, US

Laura Adams is a recognized personal finance expert with several books, a podcast and national media experience

Biography

Laura Adams is a personal finance expert and award-winning author of multiple books, including Money Girl's Smart Moves to Grow Rich. She works with Unum to communicate messages about the financial fragility of America's workforce. Adams has been the host of the popular Money Girl Podcast, a top weekly audio show in iTunes, since 2008. Laura is a frequent source for the national media and has been featured on most major news outlets including NBC, CBS, ABC FOX, Bloomberg, NPR, The New York Times, The Wall Street Journal, The Washington Post, Money, Time, Kiplinger's, USA Today, U.S News, Huffington Post, Marketplace, Forbes, Fortune, Consumer Reports, MSN, and many other radio, print, and online publications. Adams received an MBA from the University of Florida. She lives in Austin, Texas with her husband.

Areas of Expertise

Student Debt, 401K, Employee Benefits, Financial Planning, Health Insurance, Saving, Personal Finance, Debt, Disability Insurance, Estate Planning, Life Insurance, Retirement Planning

Education

University of Florida - Warrington College of Business

M.B.A.

Sewanee - The University of the South

B.S.

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