When I lit my first cigarette it didn't hurt me none But I realized the danger on my 97th one I took a pill, I did the patch, got myself hypnotized Blew away the ashes, drew a great big breath of life Now there's

One less monkey
Hangin' on my back
I shook it off, cut it loose and that's 5, 4, 3, 2
One less monkey that I have to feed
I feel so much lighter, now there's
One less monkey on me

I was just a number on the clock from 9 to 5
Rushing through the madness, I was payin' with my life
I had a dream, I had a plan a long, long time ago
Resigned myself to freedom and I took it on the road
Now there's

One less monkey
Hangin' on my back
I shook it off, cut it loose and that's 5, 4, 3, 2
One less monkey that I have to feed
I feel so much lighter, now there's
One less monkey on me

There's a jungle full of monkeys that would love to weigh you down

But I'm lookin' for a better way of monkeyin' around

One less monkey
Hangin' on my back
I shook it off, cut it loose and that's 5, 4, 3, 2
One less monkey that I have to feed
I feel so much lighter, now there's
One less monkey on me

I feel so much lighter, I feel so much higher I feel so much finer now There's one less monkey on me