



## Approach Resources Inc. Schedules Second Quarter 2008 Conference Call for August 6, 2008

July 31, 2008

FORT WORTH, Texas, Jul 31, 2008 (PrimeNewswire via COMTEX News Network) -- Approach Resources Inc. (Nasdaq:AREX) will host a conference call on Wednesday, August 6, 2008 at 10:00 a.m. CDT (11:00 a.m. EDT) to discuss its second quarter 2008 financial and operating results. The Company plans to issue its second quarter 2008 results after the market closes on Tuesday, August 5, 2008.

To participate in the conference call, domestic participants should dial (877) 419-6598 and international participants should dial (719) 325-4904 approximately 15 minutes before the scheduled conference time. To access the simultaneous webcast of the conference call, please visit the events and presentations page under the investor relations section of the Company's web site, [www.approachresources.com](http://www.approachresources.com), 15 minutes before the scheduled conference time to register for the webcast and install any necessary software. A replay of the webcast will be available for one year on the Company's web site.

### Forward-Looking Statements and Cautionary Statements

The foregoing contains forward-looking statements within the meaning of Section 27A of the Securities Act of 1933 and Section 21E of the Securities Exchange Act of 1934. All statements, other than statements of historical facts, included in this press release that address activities, events or developments that the Company expects, believes or anticipates will or may occur in the future are forward-looking statements. Without limiting the generality of the foregoing, forward-looking statements contained in this press release specifically include the expected release of second quarter 2008 financial and operating results. Any forward-looking statement speaks only as of the date on which such statement is made and the Company undertakes no obligation to correct or update any forward-looking statement, whether as a result of new information, future events or otherwise, except as required by applicable law.

### About Approach Resources Inc.

Approach Resources Inc. is an independent energy company engaged in the exploration, development, production and acquisition of unconventional natural gas and oil properties onshore in the United States and British Columbia. The Company focuses its growth efforts primarily on finding and developing natural gas and oil reserves in known tight gas sands and shale gas and oil areas. The Company currently operates in Texas, Kentucky and New Mexico and has a non-operating interest in British Columbia. For more information about the Company, please visit our website at [www.approachresources.com](http://www.approachresources.com).

The Approach Resources Inc. logo is available at <http://www.primenewswire.com/newsroom/prs/?pkgid=4320>

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