



Approach Resources Inc. Announces Management Promotions

June 6, 2008

FORT WORTH, Texas, Jun 6, 2008 (PrimeNewswire via COMTEX News Network) -- Approach Resources Inc. (Nasdaq:AREX) ("Approach" or the "Company") today announced the promotion of Glenn W. Reed to Executive Vice President-Engineering and Operations and Ralph P. Manoushagian to Executive Vice President-Land. Formerly, Mr. Reed served as Senior Vice President-Operations and Mr. Manoushagian served as Senior Vice President-Land.

Mr. Reed was a founding officer of Approach, joining the Company as Vice President-Operations in 2002. Mr. Reed has over 28 years experience in the oil and gas industry and is a registered Professional Engineer, licensed in Texas. Mr. Manoushagian joined Approach in 2004 as Land Manager. Mr. Manoushagian has been an active landman and oil and gas operator for 30 years.

J. Ross Craft, the Company's President and Chief Executive Officer, stated, "Ralph and Glenn have been and continue to be instrumental in growing the value of the Company. Glenn continues to manage our operations and drilling program with maximum efficiency. Ralph leads the land team which has been very successful in building our acreage and joint development projects across our entire portfolio. These promotions and recognition of their contributions are well deserved."

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 in the United States and British Columbia. The Company focuses on natural gas and oil reserves in tight sands and shale. The Company operates or holds leases in Texas, Kentucky and New Mexico and has a non-operating interest in British Columbia. For more information about the Company, please visit www.approachresources.com.

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

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SOURCE: Approach Resources Inc.

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