



## **Approach Resources Schedules Fourth Quarter and Year End 2007 Conference Call for March 20, 2008**

March 13, 2008

FORT WORTH, Texas, Mar 13, 2008 (PrimeNewswire via COMTEX News Network) -- Approach Resources Inc. (Nasdaq:AREX) will host a conference call on Thursday, March 20, 2008 at 10:00 a.m. CDT (11:00 a.m. EDT) to discuss its fourth quarter and year end 2007 financial and operating results. Approach plans to issue its fourth quarter and year end 2007 earnings release after the market closes on Wednesday, March 19, 2008.

To participate in the conference call, domestic participants should dial (877) 397-0300 and international participants should dial (719) 325-4880 approximately 15 minutes before the scheduled conference call time. To access the live audio webcast, please visit the investor relations section of the company's web site, [www.approachresources.com](http://www.approachresources.com). A replay of the audio webcast will be available for one year on the company's web site.

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

### **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 fourth quarter and year end 2007 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 reserves in known tight gas sands and shale gas 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).

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SOURCE: Approach Resources Inc.

Approach Resources Inc.

J. Ross Craft

Steven P. Smart

J. Curtis Henderson

(817) 989-9000