



Approach Resources to Present At IPAA Small Cap Oil & Gas Investment Symposium

February 6, 2008

FORT WORTH, Texas, Feb 6, 2008 (PrimeNewswire via COMTEX News Network) -- Approach Resources Inc. (Nasdaq:AREX) announced that it will present at the IPAA Small Cap Oil & Gas Investment Symposium in Hollywood, Florida, at 1:30 p.m. EST on Thursday, February 14, 2008 at the Westin Diplomat Hotel.

A link to the live webcast presentation and accompanying presentation slides will be available under the Investor Relations section of the Company's website, www.approachresources.com. A replay of the conference presentation will also be available on the Company's website.

About Approach Resources Inc.

Approach Resources Inc. is an independent energy company engaged in the development and acquisition of unconventional natural gas and oil properties onshore in the United States and Western Canada. The Company focuses on finding and developing tight sands gas and shale gas reserves. The Company currently operates in Texas, New Mexico and Kentucky and has non-operated interests in British Columbia.

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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