



Approach Resources Inc. Appoints New Vice President - Exploration

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FORT WORTH, Texas, July 27, 2009 (GLOBE NEWSWIRE) -- Approach Resources Inc. (Nasdaq:AREX) announced today that Qingming Yang will join the Company as Vice President - Exploration.

Dr. Yang has over 24 years of domestic and international exploration, technical and operating experience in the oil and gas industry. Prior to joining Approach, Dr. Yang was employed by Pioneer Natural Resources for 12 years in a variety of positions, including his last position as Geosciences Advisor/Technical Lead for Pioneer's Eagle Ford Shale team. While at Pioneer, Dr. Yang coordinated the technical and commercial evaluation of over one hundred oil and gas prospects, including prospects in the Permian, Fort Worth, Appalachian, Gulf Coast, Arkoma and Williston basins, and led over \$235 million in asset acquisitions.

Dr. Yang will lead the Company's exploration, geological and geophysical team. J. Ross Craft, Approach's President and Chief Executive Officer, commented, "We are excited to have Qingming join our management team. Qingming's deep technical, business and operating background is an ideal fit for Approach at this stage of our development. Qingming has extensively evaluated the Permian basin and every major resource play in North America and will play an integral role in formulating growth and development strategies for our existing asset base and other potential areas of exploration and development."

Dr. Yang earned his B.S. in Petroleum Geology from Chengdu University of Technology in the People's Republic of China, his M.A. in Geology from George Washington University in Washington, D.C. and his Ph.D. in Structural Geology from the University of Texas at Dallas.

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. 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 non-operated interests in British Columbia. For more information about the Company, please visit www.approachresources.com. Please note that the Company routinely posts important information about the Company under the Investor Relations section of its website.

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

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