



Approach Resources Inc. Schedules Third Quarter 2009 Conference Call for November 4, 2009

October 27, 2009

FORT WORTH, Texas, Oct. 27, 2009 (GLOBE NEWSWIRE) -- Approach Resources Inc. (Nasdaq:AREX) will host a conference call on Wednesday, November 4, 2009 at 10:00 a.m. Central Time (11:00 a.m. Eastern Time) to discuss third quarter 2009 financial and operating results. The Company plans to issue third quarter 2009 results after the market closes on Tuesday, November 3, 2009.

To participate in the conference call, domestic participants should dial (800) 638-4930 and international participants should dial (617) 614-3944 approximately 15 minutes before the scheduled conference time. To access the simultaneous webcast of the conference call, please visit the Calendar of Events page under the Investor Relations section of the Company's website, 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 website.

Forward-Looking 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 third quarter 2009 financial and operating results. Risks inherent in the Company's business are detailed in its 2008 Annual Report on Form 10-K and other filings with the Securities and Exchange Commission, available at www.approachresources.com. 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 natural gas and oil properties in the United States. The Company operates 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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