



Approach Resources Inc. Announces the Retirement of Glenn W. Reed, Vice President - Operations

November 10, 2009

FORT WORTH, Texas, Nov. 10, 2009 (GLOBE NEWSWIRE) -- Approach Resources Inc. (Nasdaq:AREX) today announced that Glenn W. Reed, Vice President - Operations, will retire from the Company effective November 20, 2009.

J. Ross Craft, the Company's President and Chief Executive Officer, commented, "Approach has been fortunate to have Glenn Reed as a key member of our executive team over the past seven years. Glenn has played an important role in our growth from a start-up to over 470 producing wells and over 211 Bcfe of proved reserves. We thank him for his hard work and dedication and wish him very well in his future endeavors."

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>

CONTACT: Approach Resources Inc.
Megan P. Brown, Investor Relations and Corporate
Communications
(817) 989-9000
www.approachresources.com