



UPDATING: Approach Resources Inc. Announces Participation in Upcoming Conference

January 6, 2010

FORT WORTH, Texas, Jan 6, 2010 (GlobeNewswire via COMTEX) -- Approach Resources Inc. (Nasdaq:AREX) today announced that the Pritchard Capital Partners "Energize 2010" Conference organizers have informed the Company that the Company's presentation time has moved from 2:50 p.m. PT to 3:15 p.m. PT on Thursday, January 7th at the Westin San Francisco Market Street located at 50 Third Street, San Francisco, California 94103.

The presentation for the event will be available under the Investor Relations section of the Company's website, www.approachresources.com, before the assigned presentation time. Additionally, the live presentation will be webcast and can be accessed through the Company's website.

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. Risks inherent in the Company's business are detailed in its Forms 10-K and 10-Q 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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