



Approach Resources Inc. Announces Participation in Upcoming Conference

October 5, 2010

FORT WORTH, Texas, Oct 05, 2010 (BUSINESS WIRE) --

Approach Resources Inc. (NASDAQ: AREX) will present at the Independent Petroleum Association of America's Oil & Gas Investment Symposium at The Palace Hotel in San Francisco, California, on Tuesday, October 12, 2010, at 8:00 a.m. PT.

To access the live webcast, please visit the Investor Relations page of the Company's website, www.approachresources.com. Additionally, the slide presentation for the event will be available under the Investor Relations section of the Company's website before the assigned presentation time.

About Approach Resources Inc.

Approach Resources Inc. is an independent energy company engaged in the exploration, development, production and acquisition of oil and gas properties in the United States. The Company's core operations, production and reserve base are located in the Permian Basin in West Texas. The Company targets multiple oil and liquids-rich formations in the Permian Basin, where the Company operates over 93,500 net acres. At June 30, 2010, the Company's estimated proved reserves were 278.3 Bcfe, 50% oil and NGLs and 50% natural gas. 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.

SOURCE: Approach Resources Inc.

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Investor Relations and Corporate Communications