



Approach Resources Inc. Schedules Third Quarter 2010 Conference Call for November 3, 2010

October 25, 2010

FORT WORTH, Texas, Oct 25, 2010 (BUSINESS WIRE) --

Approach Resources Inc. (NASDAQ: AREX) will host a conference call on Wednesday, November 3, 2010, at 10:00 a.m. Central Time (11:00 a.m. Eastern Time) to discuss third quarter 2010 financial and operating results. The Company plans to issue third quarter 2010 results after the market closes on Tuesday, November 2, 2010.

To participate in the conference call, domestic participants should dial (866) 272-9941 and international participants should dial (617) 213-8895 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.

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 93,000 net acres. At June 30, 2010, the Company's estimated proved reserves were 46.4 MMBoe, 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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