



Approach Resources Inc. Announces Management Addition

June 24, 2013

FORT WORTH, Texas--(BUSINESS WIRE)--Jun. 24, 2013-- Approach Resources Inc. (**NASDAQ: AREX**) (the "Company") today announced that Craig E. Young has joined the Company as Vice President – Drilling and Completions.

Mr. Young has more than 30 years of operating and management experience in the oil and gas industry, specializing in drilling engineering and operations. His recent experience includes approximately 10 years with EOG Resources, where he led the company's development of the Eagle Ford shale play. In this role, Mr. Young had oversight of the drilling, completions and production teams and over 25 horizontal rigs in the Eagle Ford. Before leading development of the Eagle Ford shale play, Mr. Young oversaw the drilling, completions and production teams for EOG Resources' Barnett Shale and Barnett Combo plays. In addition, Mr. Young has more than 14 years of experience in increasingly responsible engineering roles with Marathon Oil Company.

Throughout his career, Mr. Young has established a track record of reducing costs and maximizing operating efficiencies. He has been involved in horizontal drilling for the past 25 years and has substantial experience working in the Permian Basin as well as the Eagle Ford and Barnett shale plays. Mr. Young holds a B.S. in Mechanical Engineering from Texas Tech University and a U.S. Patent for his work in horizontal drilling.

J. Ross Craft, Approach's President and Chief Executive Officer, commented on the announcement, "We are very pleased to welcome Craig to our team. His proven success in leading the development of two major horizontal shale plays will be invaluable as we transform our Wolfcamp oil shale discovery into a full-scale development program."

Participation in Upcoming Conference

The Company will participate in the GHS 100 Energy Conference in Chicago, Illinois, on Tuesday, June 25, 2013, at 10:00 AM CT. The presentation for the event will be available on the Investor Relations section of the Company's website, www.approachresources.com. Additionally, the live presentation will be webcast and accessible through the Company's website.

Approach Resources Inc. is an independent oil and gas company with core operations, production and reserves 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 approximately 148,000 net acres. 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.

Approach Resources Inc.
Megan P. Hays, 817.989.9000
Manager, Investor Relations & Corporate Communications