

For Immediate Release  
August 7, 2012

## **Approach Resources Inc. to Participate in Upcoming Conference**

**Fort Worth, Texas, August 7, 2012** – Approach Resources Inc. (**NASDAQ: AREX**) today announced that the Company will participate in EnerCom’s The Oil and Gas Conference(R) 17 on August 15, 2012, at 9:15 AM MT. The slide presentation for the event will be available under the Investor Relations section of the Company’s website at [www.approachresources.com](http://www.approachresources.com). Additionally, the live presentation will be webcast and accessible on the home page of 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 146,000 net acres. The Company’s estimated proved reserves as of June 30, 2012, total 83.7 million barrels of oil equivalent, made up of 64% oil and NGLs and 36% natural gas. For more information about the Company, please visit [www.approachresources.com](http://www.approachresources.com). Please note that the Company routinely posts important information about the Company under the Investor Relations section of its website.

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#### **INVESTOR CONTACT**

Megan P. Hays  
[mhays@approachresources.com](mailto:mhays@approachresources.com)  
817.989.9000

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#### **APPROACH RESOURCES INC.**

One Ridgmar Centre  
6500 West Freeway, Suite 800  
Fort Worth, Texas 76116  
[www.approachresources.com](http://www.approachresources.com)