

For Immediate Release
March 21, 2012

Approach Resources Inc. Announces Participation in Upcoming Conferences

FORT WORTH, TEXAS, March 21, 2012 – Approach Resources Inc. (NASDAQ: AREX) will participate at Howard Weil’s 40th Annual Energy Conference on Thursday, March 29, 2012 at 8:55 AM CT. The presentation for the event will be available under the Investor Relations section of the Company’s website at www.approachresources.com.

The Company will also participate in IPAA’s Oil and Gas Investment Symposium on Monday, April 16, 2012 at 11:45 AM ET. The presentation for the event will be available under the Investor Relations section of the Company’s website. 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 145,000 net acres. The Company’s estimated proved reserves as of December 31, 2011, total 77.0 million Boe, made up of 61% oil and NGLs and 39% 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.

INVESTOR CONTACT

Megan P. Hays
mhays@approachresources.com
817.989.9000

APPROACH RESOURCES INC.

One Ridgmar Centre
6500 West Freeway, Suite 800
Fort Worth, Texas 76116
www.approachresources.com