

For Immediate Release
October 21, 2011

Approach Resources Inc. Schedules Third Quarter 2011 Conference Call for Thursday, November 3, 2011, and Announces Participation in Upcoming Event

FORT WORTH, TEXAS, October 20, 2011 – Approach Resources Inc. (NASDAQ: AREX) will host a conference call on Thursday, November 3, 2011, at 10:00 a.m. Central Time (11:00 a.m. Eastern Time) to discuss third quarter 2011 financial and operating results. The Company plans to issue third quarter 2011 results after the market closes on Wednesday, November 2, 2011.

To participate in the conference call, domestic participants should dial (866) 804-6924 and international participants should dial (857) 350-1670 approximately 15 minutes before the scheduled conference time. To access the simultaneous webcast of the conference call, please visit the Investor 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. The webcast will be archived for replay on the Company's website until February 2, 2012.

Additionally, the Company will participate in the Stephens Fall Investment Conference in New York, New York, on Tuesday, November 15, 2011, at 10:30 AM ET. The presentation for the event and the link to the webcast will be available under the Investor Relations section of the Company's website before the assigned presentation time.

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 140,400 net acres. The Company's estimated proved reserves total 66.8 million Boe, comprised of 55% oil and NGLs and 45% 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.

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