

For Immediate Release
June 21, 2012

Approach Resources Inc. to Participate in Upcoming Conference

Fort Worth, Texas, June 21, 2012 – Approach Resources Inc. (**NASDAQ: AREX**) today announced that the Company will participate in the Global Hunter Securities Energy Conference in San Francisco, on Monday, June 25, 2012, at 12:30 p.m. PT. 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 145,000 net acres. The Company’s estimated proved reserves as of December 31, 2011, total 77.0 million barrels of oil equivalent, 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.

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