

For Immediate Release  
March 24, 2011

## **Approach Resources Inc. Announces Participation in Upcoming Conference**

FORT WORTH, TEXAS, March 24, 2011 – Approach Resources Inc. (NASDAQ: AREX) will participate at Howard Weil’s 39<sup>th</sup> Annual Energy Conference on Thursday, March 31, 2011, at 8:55 AM Central Time. The presentation for the event will be available under the Investor Relations section of the Company’s website, [www.approachresources.com](http://www.approachresources.com).

**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 133,000 net acres. The Company’s estimated proved reserves total 59.7 million barrels of oil equivalent, and consist of 52% oil and NGLs and 48% 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)