

For Immediate Release
January 2, 2013

Approach Resources Inc. To Participate In Upcoming Conference

Fort Worth, Texas, January 2, 2013 – Approach Resources Inc. (**NASDAQ: AREX**) today announced that the Company will participate in the BMO Capital Markets 10th Annual Unconventional Resource Conference in New York, New York, on Tuesday, January 8, 2013, at 4:00 PM ET. 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.

About Approach Resources Inc.

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 148,000 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. Please note that the Company routinely posts important information about the Company under the Investor Relations section of its website.

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