



One Ridgmar Centre
6500 West Freeway, Suite 800
Fort Worth, Texas 76116
817.989.9000 *telephone*
817.989.9001 *facsimile*
www.approachresources.com

News Release

Approach Resources Inc. Promotes Qingming Yang to Executive Vice President – Business Development and Geosciences

Fort Worth, Texas, November 2, 2010 -- Approach Resources Inc. (NASDAQ: AREX) today announced the promotion of Qingming Yang to Executive Vice President – Business Development and Geosciences.

Dr. Yang has been employed with the Company since July 2009 as Vice President – Exploration. Dr. Yang has over 24 years of domestic and international exploration, technical and operating experience in the oil and gas industry. Dr. Yang earned his B.S. in Petroleum Geology from Chengdu University of Technology in the People's Republic of China, his M.A. in Geology from George Washington University in Washington, D.C. and his Ph.D. in Structural Geology from the University of Texas at Dallas.

Management Comment

J. Ross Craft, the Company's President and Chief Executive Officer, said, "Since joining the Approach team, Qingming has done an outstanding job of building our geoscience department and confirming the upside potential of our portfolio of assets, and specifically our Permian assets. I am confident that Qingming will continue to play a significant role in the future success of our company."

About Approach Resources Inc.

Approach Resources Inc. is an independent energy company engaged in the exploration, development, production and acquisition of oil and gas properties in the United States. The Company's core operations, production and reserve base are 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 98,000 net acres. At June 30, 2010, the Company's estimated proved reserves were 46.4 MMBoe, 50% oil and NGLs and 50% 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.

Contact:

Megan P. Brown, Investor Relations and Corporate Communications
Approach Resources Inc.
(817) 989-9000
