

For Immediate Release
November 21, 2012

Approach Resources Inc. to Participate in Upcoming Conferences

Fort Worth, Texas, November 21, 2012 – Approach Resources Inc. (**NASDAQ: AREX**) today announced that the Company will participate in the J.P. Morgan 11th Annual SMid Cap Conference in New York, New York on Wednesday, November 28, 2012, at 10:15 AM ET. The slide presentation for the event will be available on the Company's website, www.approachresources.com. Additionally, the live presentation will be webcast and accessible on the home page of the Company's website.

The Company will also participate in the 2012 Wells Fargo 11th Annual Pipeline, MLP and Energy Symposium in New York, New York on Wednesday, December 5, 2012, at 10:20 AM ET. The live presentation will be webcast and accessible on the home page of 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 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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