

For Immediate Release
November 22, 2011

Approach Resources Inc. to Participate in Upcoming Conferences

Fort Worth, Texas, November 22, 2011 – Approach Resources Inc. (NASDAQ: AREX) today announced that the Company will participate in the J.P. Morgan 10th Annual SMid Cap Conference in New York, New York, on Thursday, December 1, 2011, at 11:00 AM ET, and the Capital One Southcoast 6th Annual Energy Conference in New Orleans, Louisiana, on Wednesday, December 7, 2011, at 3:00 PM CT. The presentations will be available under the Investor Relations section of the Company’s website, www.approachresources.com. Additionally, the presentations will be broadcast live over the internet and can be accessed through the Investor Relations section 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 142,000 net acres. The Company’s estimated proved reserves as of June 30, 2011, total 66.8 million Boe, comprised of 55% oil and NGLs and 45% 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.

INVESTOR CONTACT

Megan P. Hays
mhays@approachresources.com
817.989.9000

APPROACH RESOURCES INC.

One Ridgmar Centre
6500 West Freeway, Suite 800
Fort Worth, Texas 76116
www.approachresources.com