

For Immediate Release
February 14, 2011

Approach Resources Inc. Announces Participation in Upcoming Conference

FORT WORTH, TEXAS, February 14, 2011 – Approach Resources Inc. (NASDAQ: AREX) will participate in EnerCom, Inc.'s The Oil & Services Conference™ IX at the Omni San Francisco on Tuesday, February 22, 2011, at 10:30 AM PT.

The presentation for the event will be available under the Investor Relations section of the Company's website, www.approachresources.com, before the assigned presentation time. Additionally, the live presentation will be webcast and can be accessed through 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 109,000 net acres. At June 30, 2010, the Company's estimated proved reserves were 46.4 million barrels of oil equivalent, 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.

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