

For Immediate Release
April 27, 2011

**Approach Resources Inc.
Schedules First Quarter 2011
Conference Call for Thursday, May 5, 2011**

FORT WORTH, TEXAS, April 27, 2011 – Approach Resources Inc. (NASDAQ: AREX) will host a conference call on Thursday, May 5, 2011, at 10:00 a.m. Central Time (11:00 a.m. Eastern Time) to discuss first quarter 2011 financial and operating results. The Company plans to issue first quarter 2011 results after the market closes on Wednesday, May 4, 2011.

To participate in the conference call, domestic participants should dial (866) 783-2144 and international participants should dial (857) 350-1603 approximately 15 minutes before the scheduled conference time. To access the simultaneous webcast of the conference call, please visit the Calendar of Events page under the Investor Relations section of the Company's website, www.approachresources.com, 15 minutes before the scheduled conference time to register for the webcast and install any necessary software. A replay of the webcast will be available for one year on 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 133,000 net acres. The Company's estimated proved reserves total 59.7 million barrels of oil equivalent, 52% oil and NGLs and 48% 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