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News Release

Approach Resources Inc. Announces New Hires

Fort Worth, Texas, August 3, 2010 -- Approach Resources Inc. (NASDAQ: AREX) announced today the appointments of Gerry Trichel as Drilling Manager, Scott Sabatka as Exploitation Manager, Charles Goebel as Senior Geologist–Business Development and Genna Storz Tucker as Senior Reservoir Engineer–Business Development.

Commenting on the new team members, J. Ross Craft, Approach’s President and Chief Executive Officer, commented, “I’m excited to have these exceptionally talented and motivated industry professionals join the Approach team. Each has technical, business and operating experience that complements our focus on operations and evaluation of new exploration and development opportunities. I am confident that these additions to our drilling, geoscience and business development teams will contribute significantly to our future success.”

Gerry Trichel – Drilling Manager

Mr. Trichel will manage the Company’s drilling program and will report directly to Ross Craft, the Company’s President and Chief Executive Officer. Mr. Trichel has over 19 years of operational experience in the oil and gas industry. Before joining Approach, Mr. Trichel was Senior Drilling Engineer for Encore Acquisition Company. While at Encore, Mr. Trichel oversaw Encore’s drilling programs in the Southern Region of the United States, including their horizontal drilling program in the Haynesville Shale. Mr. Trichel’s other areas of operation while at Encore included the Permian Basin in New Mexico, Anadarko Basin in Oklahoma and Big Horn Basin in Wyoming. Before Encore, Mr. Trichel was a Lead Drilling Consultant for Chesapeake Energy Corp.’s Deep Bossier, Haynesville and Arkoma Basin drilling programs. Mr. Trichel earned his B.S. in Agricultural Engineering from Texas A&M University.

Scott Sabatka – Exploitation Manager

Mr. Sabatka will be responsible for coordinating the geological evaluation and exploitation of the Company’s producing assets and exploratory acreage positions and will report to Qingming Yang, the Company’s Vice President–Exploration. Mr. Sabatka has over 30 years of domestic and international exploration and technical experience in the oil and gas industry. Before joining Approach, Mr. Sabatka was employed by Encore Acquisition Company for nine years in a variety of positions, including his last position as Geoscience Manager for Encore’s Northern Region. In this position, Mr. Sabatka coordinated the development of Encore’s Bakken Shale position in the Williston Basin while also overseeing the development of Encore’s additional acreage in the Williston, Powder River and Big Horn Basins. Mr. Sabatka has also coordinated the development of assets in the Anadarko, Arkoma, Gulf Coast and Permian Basins. Mr. Sabatka’s prior experience includes four years at Pioneer Natural Resources, where his last position was Senior Staff Geologist. While at Pioneer, Mr. Sabatka was responsible for exploitation projects in South Texas, South Louisiana and offshore properties. Before Pioneer, he spent 17 years with Esso/Exxon working the Malay Basin, offshore Malaysia and King Ranch in South Texas. Mr. Sabatka earned his B.S. in Geology from Texas A&M University.

Charles Goebel – Senior Geologist–Business Development

Mr. Goebel joins Approach’s geoscience and business development teams and will report to Qingming Yang. Mr. Goebel will be responsible for evaluating acquisition and exploration opportunities. Mr. Goebel has over 25 years of domestic and international exploration and development experience in the oil and gas industry. Before joining Approach, Mr. Goebel was Technical Advisor/Geologist for Merit Energy Company’s Corporate Exploitation Group. While at Merit, Mr. Goebel evaluated and advanced several of Merit’s exploration and development projects, including their Canyon Sand and Strawn development fields in Schleicher County, Texas. Mr. Goebel also helped evaluate potential acquisitions and divestitures at Merit. Mr. Goebel’s prior experience includes Senior Geologist, East Texas and North Louisiana, for J-W Operating Company, Principal of Santa Rita Energy, LLC and a variety of positions over 18 years at ARCO International Oil and Gas Company and ARCO Dubai, Inc. Mr. Goebel earned his B.S. in Geological Sciences from the University of Texas at Austin.

Genna Storz Tucker – Senior Reservoir Engineer–Business Development

Mrs. Tucker will join Approach’s business development team in August 2010 and will report to Ross Craft. She will be responsible for economic evaluation of exploration and development opportunities, integration of future acquisitions and special projects. Mrs. Tucker has seven years of operational and reservoir engineering experience in the oil and gas industry. Before joining Approach, Mrs. Tucker was a Senior Reservoir Engineer for Encore Acquisition Company. While at Encore, Mrs. Tucker provided reservoir engineering support for the Midland, Val Verde and Delaware Basins in West Texas and Southeast New Mexico. Mrs. Tucker’s prior experience includes four years at Pioneer Natural Resources as Reservoir Engineer supporting the Spraberry and Canyon Sand teams and as Operations Engineer supporting the Spraberry team. Mrs. Tucker coordinated Pioneer’s geoscience, land, engineering and economic review necessary to value development opportunities in the Spraberry and Canyon Sand. Mrs. Tucker earned her B.S. in Petroleum Engineering from the University of Texas at Austin.

About Approach Resources Inc.

Approach Resources Inc. is an independent energy company engaged in the exploration, development, production and acquisition of natural gas and oil properties in the United States. The Company operates or has interests in Texas, New Mexico and Kentucky. 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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