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News Release

Approach Resources Inc. Increases Permian Basin Acreage Position to 93,755 Net Acres

Recent Acreage Acquisitions Total 22,851 Net Acres

Fort Worth, Texas, September 23, 2010 -- Approach Resources Inc. (NASDAQ: AREX) today announced that it has acquired leasehold interests covering 33,715 gross (22,851 net) acres in Crockett County, Texas, in the Permian Basin. The Company believes the acquired acreage is prospective in the Clearfork and Wolfcamp Shale (or "Wolffork"), Canyon Sands and/or Ellenburger formations.

The acreage acquisitions include 11,285 gross (9,919 net) acres acquired in Crockett County in The University of Texas System's 118th Lease Sale. The Company's total acreage position in the Permian Basin now covers 137,495 gross (93,755 net) acres. The number of stated net acres acquired is based on the Company's expectation of future participation by working interest partners, but will vary depending on final election by the partners.

Management Comment

J. Ross Craft, President and Chief Executive Officer, said, "Expanding our acreage position is an important component to our overall strategy of unlocking the potential of the multiple oil and liquids-rich formations in the Permian Basin. Our recent acreage acquisitions increase our inventory of growth opportunities across our highly-prospective Permian acreage."

Forward-Looking Statements

This press release contains forward-looking statements within the meaning of Section 27A of the Securities Act of 1933 and Section 21E of the Securities Exchange Act of 1934. All statements, other than statements of historical facts, included in this press release that address activities, events or developments that the Company expects, believes or anticipates will or may occur in the future are forward-looking statements. Without limiting the generality of the foregoing, forward-looking statements contained in this press release specifically include the prospectivity of the acquired acreage and participation of working interest partners in the acquired acreage. These statements are based on certain assumptions made by the Company based on management's experience and perception of historical trends, current conditions, anticipated future developments and other factors believed to be appropriate. Such statements are subject to a number of assumptions, risks and uncertainties, many of which are beyond the control of the Company, which may cause actual results to differ materially from those implied or expressed by the forward-looking statements. Further information on such assumptions, risks and uncertainties is available in the Company's Securities and Exchange Commission ("SEC") filings. The Company's SEC filings are available on its website at www.approachresources.com. Any forward-looking statement speaks only as of the date on which such statement is made and the Company undertakes no obligation to correct or update any forward-looking statement, whether as a result of new information, future events or otherwise, except as required by applicable law.

About Approach Resources Inc.

Approach Resources Inc. is an independent energy company engaged in the exploration, development, production and acquisition of oil and gas properties in the United States. The Company's core operations, production and reserve base are 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 over 93,500 net acres. At June 30, 2010, the Company's estimated proved reserves were 278.3 Bcfe, 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.

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