

For Immediate Release
May 18, 2011

Approach Resources Inc. Provides Operational Update and Announces Participation in Upcoming Events

Fort Worth, Texas, May 18, 2011 – Approach Resources Inc. (NASDAQ: AREX) today provided an operational update for the Company’s horizontal pilot program targeting the Wolfcamp Shale in the Permian Basin in Crockett County, Texas.

We recently completed the University 42 21 1H well with a 21-stage fracture stimulation completion. The University 42 21 1H, a 7,037-foot lateral, flowed at an initial 24-hour rate of 132 barrels of oil (“BOPD”) and 777 Mcf of liquids-rich natural gas per day. Accounting for the natural gas liquids (“NGLs”), the initial 24-hour flow rate totaled 316 barrels of oil equivalent per day, consisting of 132 BOPD, 93 barrels of NGLs per day and 543 Mcf of natural gas per day (after shrink for NGL processing).

As previously reported, we recently reached total depth on the Cinco Terry G 701H well, our third horizontal well. The Cinco Terry G 701H was drilled to a total lateral length of 7,609 feet. We expect to complete the well with approximately 24 fracture stimulation stages during the second quarter of 2011. We also recently reached total depth on our fourth horizontal well, the University 45 7 1H well, a 6,859-foot lateral. We expect to complete the well with approximately 20 fracture stimulation stages during the second quarter of 2011.

“We are encouraged by the progress we have made in the Wolfcamp play to date,” commented J. Ross Craft, President and Chief Executive Officer of Approach. “We are still early in the pilot program, and we continue to refine our completion and post-completion operations. Based on the results from our Wolfcamp horizontal and Wolfcamp vertical pilot wells, we believe that we have de-risked approximately 70,000 net acres of our 134,500 net acre position in the Permian Basin Wolfcamp oil shale play. We plan to continue to delineate the play across our acreage position in 2011.”

Upcoming Events

Approach will participate in Canaccord Genuity’s Permian Basin Field Trip on Thursday, May 19, 2011, at 2:00 PM CT, and Credit Suisse’s Unlocking Liquids Conference on Thursday, May 19, 2011, at 11:10 AM ET. The presentations for each event will be available under the Investor Relations section of the Company’s website, www.approachresources.com, on or before the applicable presentation times.

About Approach Resources Inc.

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 134,500 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.

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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 expectations of management regarding the Company's expected drilling and completion program and the prospectivity and areal extent of the Company's Woffork oil shale play. These statements are based on certain assumptions made by the Company based on management's experience, perception of historical trends and technical analyses, current conditions, anticipated future developments and other factors believed to be appropriate and reasonable by management. When used in this press release, the words "will," "potential," "believe," "estimate," "intend," "expect," "may," "should," "anticipate," "could," "plan," "predict," "project," "profile," "model" or their negatives, other similar expressions or the statements that include those words, are intended to identify forward-looking statements, although not all forward-looking statements contain such identifying words. 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 the Company's 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.

For a glossary of oil and gas terms and abbreviations used in this release, please see our Annual Report on Form 10-K filed with the SEC on March 11, 2011. We determine a barrel of oil equivalent based on the ratio of six Mcf of natural gas to one barrel of oil equivalent, and one barrel of NGLs to one barrel of oil equivalent.