

**For Immediate Release**  
September 7, 2011

## **Approach Resources Inc. to Participate in Upcoming Conferences**

Fort Worth, Texas, September 7, 2011 – Approach Resources Inc. (**NASDAQ: AREX**) today announced that the Company will participate in Rodman & Renshaw’s Annual Global Investment Conference in New York, New York, on Monday, September 12, 2011, at 4:30 PM ET. The Company also will participate in Credit Suisse’s 2<sup>nd</sup> Annual Small & Mid Cap Conference in New York, New York, on Wednesday, September 28, 2011, at 8:00 AM ET. The presentation for both events will be available under the Investor Relations section of the Company’s website, [www.approachresources.com](http://www.approachresources.com), before the assigned presentation time. Additionally, the live presentation from the Rodman & Renshaw Conference will be webcast and accessible 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 140,400 net acres. The Company’s estimated proved reserves total 66.8 million Boe, comprised of 55% oil and NGLs and 45% natural gas. For more information about the Company, please visit [www.approachresources.com](http://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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### **INVESTOR CONTACT**

Megan P. Hays  
[mhays@approachresources.com](mailto:mhays@approachresources.com)  
817.989.9000

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### **APPROACH RESOURCES INC.**

One Ridgmar Centre  
6500 West Freeway, Suite 800  
Fort Worth, Texas 76116  
[www.approachresources.com](http://www.approachresources.com)