

For Immediate Release
July 19, 2012

**Approach Resources Inc.
Schedules Second Quarter 2012
Conference Call for Friday, August 3, 2012**

Fort Worth, Texas, July 19, 2012 – Approach Resources Inc. (NASDAQ: AREX) will host a conference call on Friday, August 3, 2012, at 10:00 a.m. Central Time (11:00 a.m. Eastern Time) to discuss second quarter 2012 financial and operating results. The Company plans to issue second quarter 2012 results after the market closes on Thursday, August 2, 2012.

To participate in the conference call, domestic participants should dial (800) 573-4754 and international participants should dial (617) 224-4325 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. The webcast will be archived for replay on the Company's website until November 2, 2012.

In addition, the Company will host a telephone replay of the call, which will be available for one week. U.S. callers may access the telephone replay by dialing (888) 286-8010 and international callers may dial (617) 801-6888. The passcode is 97967148.

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 145,000 net acres. The Company's estimated proved reserves as of December 31, 2011, total 77.0 million barrels of oil equivalent, made up of 61% oil and NGLs and 39% 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

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