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News Release

**Approach Resources Inc.
Announces Participation in Upcoming Conference**

Fort Worth, Texas, December 2, 2010 -- Approach Resources Inc. (NASDAQ: AREX) will participate in the Wells Fargo Securities 9th Annual Pipeline, MLP and E&P, Services and Utility Symposium at the New York Palace Hotel on Wednesday, December 8, 2010, at 11:30 AM ET.

The presentation for the event will be available under the Investor Relations section of the Company's website, www.approachresources.com, before the assigned presentation time. Additionally, the live presentation will be webcast and can be accessed through the Company's website.

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 approximately 98,000 net acres. At June 30, 2010, the Company's estimated proved reserves were 46.4 million barrels of oil equivalent, 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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