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News Release

Approach Resources Inc. Schedules Second Quarter 2010 Conference Call for August 4, 2010

Fort Worth, Texas, July 22, 2010 -- Approach Resources Inc. (NASDAQ: AREX) will host a conference call on Wednesday, August 4, 2010, at 10:00 a.m. Central Time (11:00 a.m. Eastern Time) to discuss second quarter 2010 financial and operating results. The Company plans to issue second quarter 2010 results after the market closes on Tuesday, August 3, 2010.

To participate in the conference call, domestic participants should dial (866) 510-0712 and international participants should dial (617) 597-5380 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. A replay of the webcast will be available for one year on 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 natural gas and oil properties in the United States. The Company operates or has interests in Texas, Kentucky and New Mexico. 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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