

For Immediate Release
March 1, 2011

**Approach Resources Inc.
Schedules Fourth Quarter and Full Year 2010
Conference Call for Wednesday, March 9, 2011**

FORT WORTH, TEXAS, March 1, 2011 – Approach Resources Inc. (NASDAQ: AREX) will host a conference call on Wednesday, March 9, 2011, at 10:00 a.m. Central Time (11:00 a.m. Eastern Time) to discuss fourth quarter and full year 2010 financial and operating results. The Company plans to issue fourth quarter and full year 2010 results after the market closes on Tuesday, March 8, 2011.

To participate in the conference call, domestic participants should dial (866) 356-3377 and international participants should dial (617) 597-5392 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.

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 133,000 net acres. At December 31, 2010, the Company's estimated proved reserves were 50.7 million barrels of oil equivalent, 51% oil and NGLs and 49% 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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