



One Ridgmar Centre
6500 West Freeway, Suite 800
Fort Worth, Texas 76116
817.989.9000 telephone
817.989.9001 facsimile
www.approachresources.com

News Release

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

Fort Worth, Texas, August 5, 2010 -- Approach Resources Inc. (NASDAQ: AREX) will participate in EnerCom, Inc.'s The Oil & Gas Conference(R) 15 at the Westin Tabor Center on Wednesday, August 25, 2010, at 1:30 p.m. MT.

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 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.

Contact:

Megan P. Brown, Investor Relations and Corporate Communications
Approach Resources Inc.
(817) 989-9000
