

For Immediate Release  
July 26, 2011

**Approach Resources Inc.  
Schedules Second Quarter 2011  
Conference Call for Wednesday, August 3, 2011**

FORT WORTH, TEXAS, July 26, 2011 – Approach Resources Inc. (NASDAQ: AREX) will host a conference call on Wednesday, August 3, 2011, at 10:00 a.m. Central Time (11:00 a.m. Eastern Time) to discuss second quarter 2011 financial and operating results. The Company plans to issue second quarter 2011 results after the market closes on Tuesday, August 2, 2011.

To participate in the conference call, domestic participants should dial (866) 713-8566 and international participants should dial (617) 597-5325 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](http://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 3, 2011.

**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 134,500 net acres. The Company's estimated proved reserves total 59.7 million barrels of oil equivalent, 52% oil and NGLs and 48% natural gas. For more information about the Company, please visit [www.approachresources.com](http://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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**INVESTOR CONTACT**

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