

For Immediate Release
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Approach's President and CEO Named Ernst & Young Entrepreneur Of The Year® Award Finalist

Fort Worth, Texas, May 19, 2011 – Approach Resources Inc. (**NASDAQ: AREX**) today announced that Ernst & Young LLP has named Approach's President and Chief Executive Officer, J. Ross Craft, a finalist for the Ernst & Young Entrepreneur Of The Year® award for the Southwest Area North region. Regional finalists were selected by an independent judging panel made up of regional business, academic and community leaders. Award winners will be announced at a special gala event on June 25, 2011, at the Hyatt Regency Dallas.

The Ernst & Young Entrepreneur Of The Year® award recognizes entrepreneurs who demonstrate excellence and extraordinary success in such areas as innovation, financial performance and personal commitment to their businesses and communities. J. Ross Craft was selected as a finalist from nearly 80 nominations by a panel of independent judges. The Southwest Area North regional has participated in the program since 1987 and has had 50 regional winners go on to win the award at the national level. The Ernst & Young Entrepreneur Of The Year Program celebrates its 25th anniversary this year. The program has expanded to recognize business leaders in more than 140 cities and more than 50 countries throughout the world.

J. Ross Craft commented, "I am honored to be considered for the Ernst & Young Entrepreneur Of The Year award. I would like to thank the Approach team, our Board of Directors and our fellow stockholders for their support and confidence along the way."

Regional award winners are eligible for consideration for the Entrepreneur Of The Year National Award. Award winners in several national categories, as well as the Entrepreneur Of The Year overall National Award winner, will be announced at the annual awards gala in Palm Springs, California, on November 12, 2011. The awards are the culminating event of the Ernst & Young Strategic Growth Forum®, the nation's most prestigious gathering of high-growth, market-leading companies, which will be held November 9–13, 2011.

About Ernst & Young Entrepreneur Of The Year®

Ernst & Young Entrepreneur Of The Year® is the world's most prestigious business award for entrepreneurs. The unique award makes a difference through the way it encourages entrepreneurial activity among those with potential, and recognizes the contribution of people who inspire others with their vision, leadership and achievement. As the first and only truly global award of its kind, Entrepreneur Of The Year celebrates those who are building and leading successful, growing and dynamic businesses, recognizing them through regional, national and global awards programs in more than 140 cities in more than 50 countries.

About Ernst & Young

Ernst & Young is a global leader in assurance, tax, transaction and advisory services. Worldwide, our 141,000 people are united by our shared values and an unwavering commitment to quality. We make a difference by helping our people, our clients and our wider communities achieve their potential.

INVESTOR CONTACT

Megan P. Hays
mhays@approachresources.com
817.989.9000

APPROACH RESOURCES INC.

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

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About Approach Resources Inc.

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. Please note that the Company routinely posts important information about the Company under the Investor Relations section of its website.