

**For Immediate Release**  
August 8, 2011

## **Approach Resources Inc. to Participate in Upcoming Conference**

Fort Worth, Texas, August 8, 2011 – Approach Resources Inc. (**NASDAQ: AREX**) today announced that the Company will participate in EnerCom, Inc.'s The Oil & Gas Conference(R) 16 in Denver, Colorado, on Wednesday, August 17, 2011, at 10:05 AM MT. The presentation for the event will be available under the Investor Relations section of the Company's website, [www.approachresources.com](http://www.approachresources.com), before the assigned presentation time. Additionally, the live presentation will be webcast and can be accessed through 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 140,400 net acres. The Company's estimated proved reserves total 66.8 million Boe, comprised of 55% oil and NGLs and 45% 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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