

For Immediate Release  
May 30, 2014

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

**Fort Worth, Texas, May 30, 2014** – Approach Resources Inc. (**NASDAQ: AREX**) today announced that the Company will participate in RBC Capital Markets' 2014 Global Energy and Power Conference on Tuesday, June 3, 2014, at 1:05 PM ET. The Company will also participate in Bank of America Merrill Lynch's Global Energy and Power Leveraged Finance Conference on Wednesday, June 4, 2014, at 11:30 AM ET.

The slide presentation for both events will be available on the Company's website, [www.approachresources.com](http://www.approachresources.com). Additionally, the live presentations will be webcast and accessible on the home page of the Company's website.

#### **About Approach Resources**

**Approach Resources Inc.** is an independent energy company focused on the exploration, development, production and acquisition of unconventional oil and gas reserves in the Midland Basin of the greater Permian Basin in West Texas. 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.

---

#### **INVESTOR CONTACT**

Megan P. Hays  
Director, Investor Relations & Corporate Communications  
[mhays@approachresources.com](mailto:mhays@approachresources.com)  
817.989.9000 x2108

---

#### **APPROACH RESOURCES INC.**

One Ridgmar Centre  
6500 West Freeway, Suite 800  
Fort Worth, Texas 76116  
[www.approachresources.com](http://www.approachresources.com)