

For Immediate Release
March 20, 2014

Approach Resources Inc. To Present At Howard Weil Energy Conference

Fort Worth, Texas, March 20, 2014 – Approach Resources Inc. (NASDAQ: AREX) today announced that J. Ross Craft, President and Chief Executive Officer, will present at the Howard Weil 42nd Annual Energy Conference on Monday, March 24, 2014, at 1:40 PM CT. Presentations from this conference are not being webcast; however, the presentation slides will be available on the Company's website at www.approachresources.com.

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

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