

For Immediate Release
May 12, 2014

Approach Resources Inc. Names John L. Harris Vice President – Land

Fort Worth, Texas, May 12, 2014 – Approach Resources Inc. (**NASDAQ: AREX**) today announced that John L. Harris has been named to the position of Vice President – Land. Mr. Harris assumes the position following the retirement of Ralph P. Manoushagian, who has been with the Company since 2004 and has served as Executive Vice President – Land since 2008.

Mr. Harris brings more than 18 years of land management experience, most recently as Land Negotiator with EnCana Oil & Gas (USA) Inc., where he helped direct EnCana’s multi-rig program in North Texas and was lead Landman in the approximately \$1 billion sale of its Barnett Shale play. Previously, Mr. Harris worked as a Consulting Landman with Conoco Phillips and Burlington Resources. Mr. Harris holds a bachelor’s degree in marketing from Hardin-Simmons University.

J. Ross Craft, President and Chief Executive Officer, commented, “We are very pleased to announce that John is joining our team in this key role. John brings valuable land management as well as negotiation and business development experience to our team. In addition, I want to thank Ralph for his valued service and significant contributions to our Company’s rapid growth during his tenure.”

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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