Approach Resources Inc Form 8-K February 21, 2012

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 OR 15(d) of The

Securities Exchange Act of 1934

Date of Report (Date of earliest event reported)

February 21, 2012

APPROACH RESOURCES INC.

(Exact name of registrant as specified in its charter)

Delaware 001-33801 51-0424817

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	(State or other jurisdiction	(Commission	(IRS Employer
	of incorporation)	File Number)	Identification No.)
	One Ridgmar C	entre	
	6500 West Freeway,	Suite 800	
	Fort Worth, To (Address of principal exec		76116 (Zip Code)
	(Regist	crant s telephone number, including area co	de)
Not Applicable			
(Former name or former address, if changed since last report.)			
	eck the appropriate box below if the Form 8-K filin following provisions (see General Instruction A.2.		filing obligation of the registrant under any of
	Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)		
	Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)		
	Pre-commencement communications pursuant to	Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
	Pre-commencement communications pursuant to	Rule 13e-4(c) under the Exchange Act (1	7 CFR 240.13e-4(c))

Item 2.02 Results of Operations and Financial Condition.

On February 21, 2012, Approach Resources Inc. (the Company) issued a press release announcing its estimated proved reserves, production and costs incurred for the year ended December 31, 2011 (the Press Release). The Press Release contains certain non-GAAP financial information. The reconciliation of such non-GAAP financial information to GAAP financial measures is included in the Press Release and in the Investor Relations Non-GAAP Financials section of the Company s website at www.approachresources.com. A copy of the Press Release is furnished herewith as Exhibit 99.1.

Item 7.01 Regulation FD Disclosure.

On February 21, 2012, the Company issued the Press Release discussed above in Item 2.02 of this current report on Form 8-K. The Press Release contains certain non-GAAP financial information. The reconciliation of such non-GAAP financial information to GAAP financial measures is included in the Press Release and in the Investor Relations Non-GAAP Financials section of the Company s website at www.approachresources.com. A copy of the Press Release is furnished herewith as Exhibit 99.1.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits.

Exhibit No. Description

99.1 Press Release dated February 21, 2012

In accordance with General Instruction B.2 of Form 8-K, the information in this current report on Form 8-K, including the attached exhibit, shall not be deemed filed for purposes of Section 18 of the Securities Exchange Act of 1934, as amended (the Exchange Act), or otherwise subject to the liabilities of that section, nor shall it be deemed incorporated by reference into any registration statement or other filing under the Securities Act of 1933, as amended, or the Exchange Act, except as otherwise expressly stated in such filing.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

APPROACH RESOURCES INC.

By: /s/ J. Curtis Henderson J. Curtis Henderson Executive Vice President and General Counsel

Date: February 21, 2012

EXHIBIT INDEX

Exhibit No. Description

99.1 Press Release dated February 21, 2012

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