Edgar Filing: Approach Resources Inc - Form 4

Approach Re Form 4	sources Inc										
October 03, 2	2014										
FORM		OMB APPROVAL									
	Washington, D.C. 20549							OMB Number:	3235-0287		
Check thi if no long	or							Expires:	January 31, 2005		
subject to Section 10 Form 4 or	51A1E M 6.	SECURITIES							Estimated average burden hours per		
Form 4 or Form 5 obligations may continue. See Instruction 1(b). Form 5 obligations May continue. See Instruction See Instruction Form 5 obligations May continue. See Instruction See Instruction								. 0.5			
(Print or Type R	lesponses)										
1. Name and Address of Reporting Person * Brandi James H2. Issuer Name and Ticker or Trad Symbol					-	5. Relationship of Reporting Person(s) to Issuer					
	Approach Resources Inc [AREX] (Chec						ck all applicabl	k all applicable)			
				of Earliest Transaction			V Director 10% Ormer				
ONE RIDGI WEST FREI	01/2014				X_ Director 10% Owner Officer (give title Other (specify below) below)						
	mendment, Da	nendment, Date Original			6. Individual or Joint/Group Filing(Check						
	Form filed by W					One Reporting Person fore than One Reporting					
FORT WOR	TH, TX 76116						Person		1 0		
(City)	(State) (Zip) T		Derivative S	Securi	ties Ac	quired, Disposed o	of, or Beneficia	lly Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Code	4. Securities onAcquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
			Code V	7 Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)				
Common Stock	10/01/2014		А	806 (1)	А	\$0	46,665	D			
Common Stock							400 (2)	Ι	By Wife		

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transacti Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Amou Unde Secur	le and unt of rlying rities . 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address		Relationsh					
r g ta ta ta ta ta ta	Director	10% Owner	Officer	Other			
Brandi James H ONE RIDGMAR CENTRE 6500 WEST FREEWAY, SUITE 800 FORT WORTH, TX 76116	Х						
Signatures							
J. Curtis Henderson, attorney-in-fact	10/03/2014						
**Signature of Reporting Person	Date	;					
Explanation of Responses:							

Explanation of nesponses.

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Represents shares of the issuer's common stock awarded to the reporting person for payment of director fees.

The reporting person disclaims beneficial ownership of these securities except to the extent of the reporting person's pecuniary interest (2) therein, and this report shall not be deemed an admission that the reporting person is the beneficial owner of the securities for Section 16 or any other purpose.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.